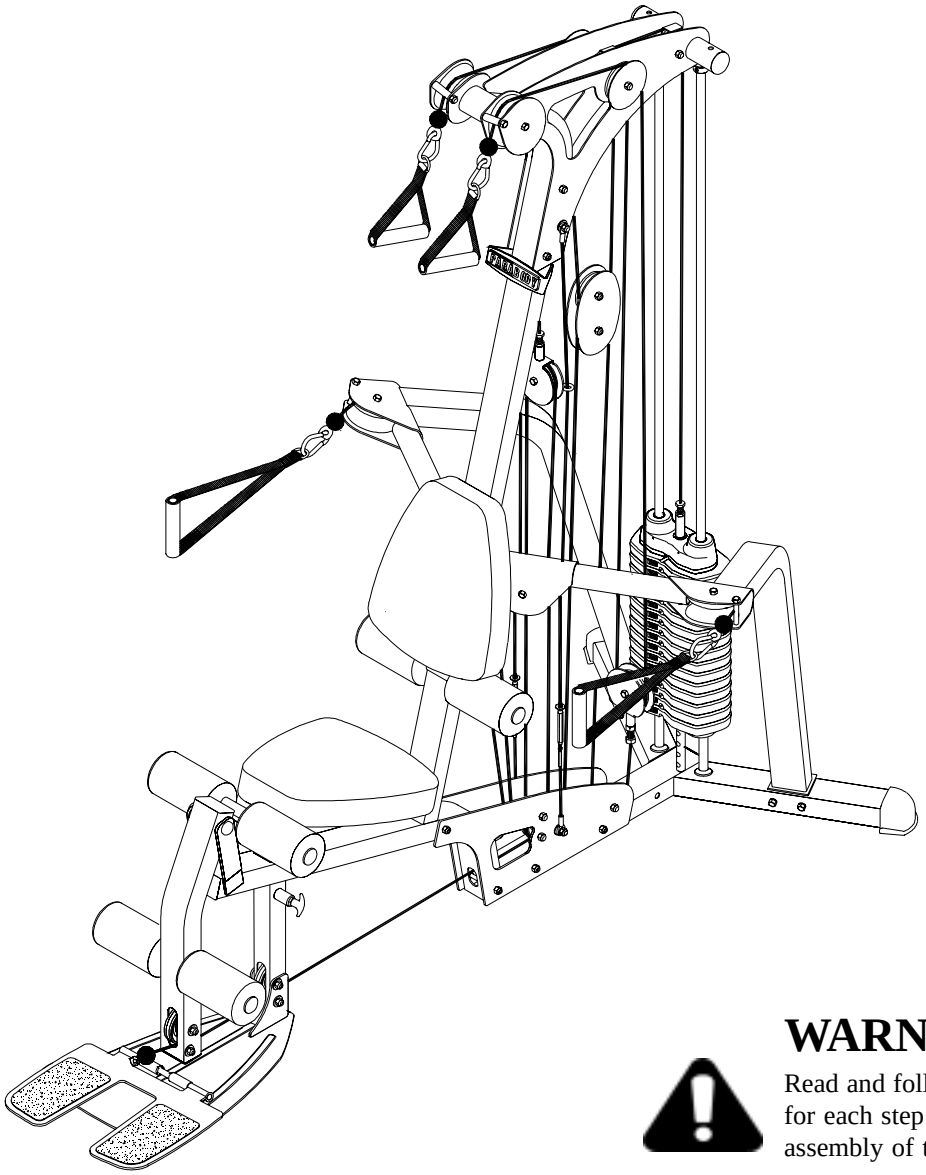
PARABODY®

CM3 GYM SYSTEM



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

CLASS H
PART # 7596801
REV.A

Version: CM3-103
Revision: 07/30/03

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IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody CM3 Gym System. Please read these instructions thoroughly and keep them for future reference.

* This product must be assembled on a flat, level surface to assure its proper function.

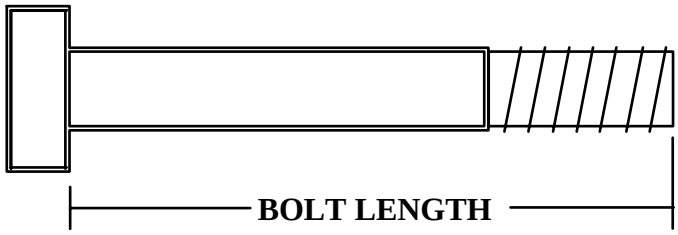
* Do not securely tighten any frame connections until the entire frame have been assembled unless otherwise specified.

Tools Required for Assembly

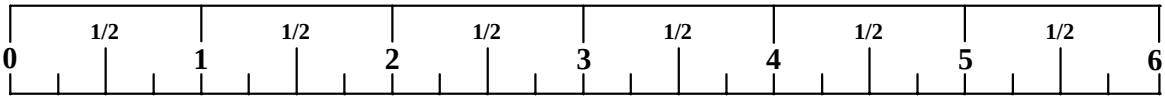
* Rubber mallet or hammer
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* 5/32” Allen wrench
* Adjustable wrench
* Tape measure

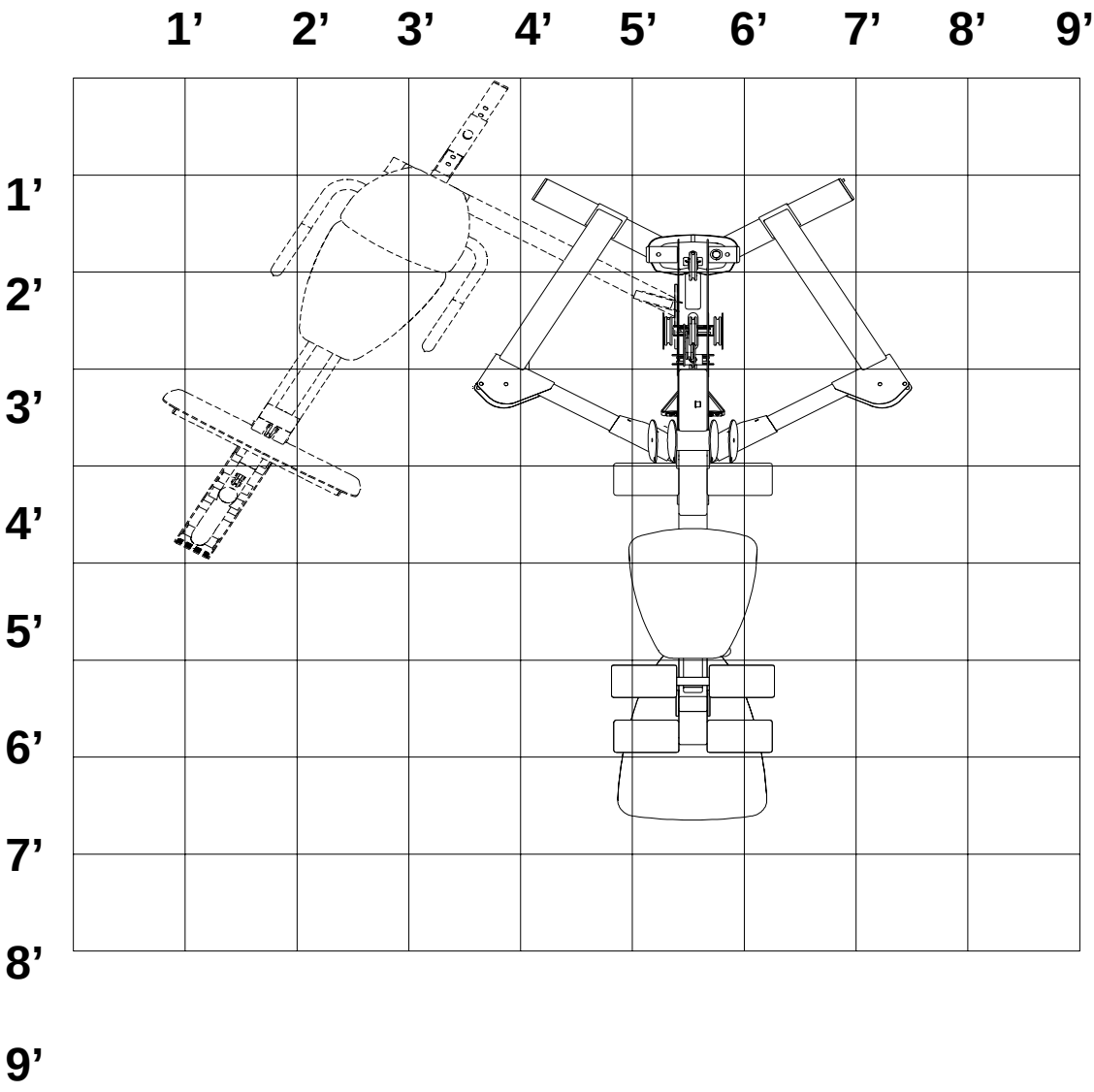
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:





1 Square = 1’ X 1’

Minimum Required Usable Space

Length = 90 inches (229 cm) 7’ 6”
Width = 103 inches (262 cm) 8’ 7”
Height = 84 inches (213.5 cm) 7”

Dimensions Including LP5 Leg Press (optional)

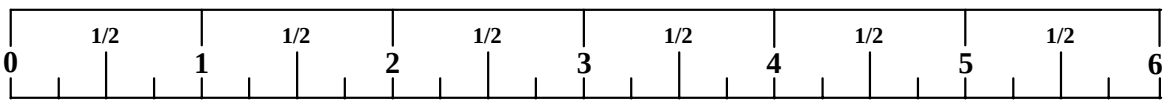
Length = 102 inches (259 cm) 8’ 6”
Width = 130 inches (330 cm) 10’ 10”

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	ACU04-1170	BASE	1
2	ACU04-1169	UPRIGHT	1
3	ACU04-1162	SEAT ADJUST	1
4	ACU04-1349	RIGHT ARM SUPPORT	1
5	ACU04-1167	LEFT ARM SUPPORT	1
6	ACU04-1351	RIGHT ARM	1
7	ACU04-1166	LEFT ARM	1
8	ACU04-1157	LEG PEDESTAL	1
9	ACU04-1172	PULLEY BRACKET	1
10	ACU02-1071	PULLEY PLATE	2
11	ACU02-1093	BASE PLATE	2
12	ACU02-1094	V-PULLEY PLATE	2
13	ACU02-1092	BOOM PULLEY PLATE	2
14	ACU04-1350	RIGHT BOOM PLATE	1
15	ACU04-1168	LEFT BOOM PLATE	1
16	ACU07-0135	SEAT/BACK PAD	2
17	ACU6194601	ROLLER PAD	6
18	ACU01-2155	76" GUIDE ROD	2
19	ACU12-0043	14-1/2" SEWN HANDLE	2
20	ACU12-0042	7-1/2" SEWN HANDLE	2
21	ACU7292501	WEIGHT PLATE	15
22	ACU04-0622	LOW ROW BAR	1
23	ACU10-0204ASY	HEAD PLATE ASSY	1
24	ACU01-1782	3/4 X 17" TUBE	1
25	ACU01-2009	3/4 X 17-1/2" TUBE	2
26	ACU12-0041	ANKLE STRAP	1
27	ACU11-0060	WEIGHT STACK PIN	1
28	ACU06-0047	WEIGHT STACK CUSHION	2
29	ACU13-0092-2	WEIGHT STACK CABLE	1
30	ACU13-0092-4	LEG CABLE	1
31	ACU13-0092-5	ARM CABLE	1
32	ACU13-0092-1	BOOM CABLE	1
33	ACU04-1165	WEIGHT STACK SPACER	2
34	ACU04-1171	3-1/2 CABLE GUARD	1
35	ACU04-1342	4-1/2 CABLE GUARD	1
36	ACU05-0212	SHAFT COLLAR	2

KEY	PART #	DESCRIPTION	QTY
37	ACU06-0024	3-1/2" PULLEY	14
38	ACU06-0025	4-1/2" PULLEY	3
39	ACU06-0360	4-1/2" V-GROOVE PULLEY	4
40	ACU11-0068	T-HANDLE SPRING PIN	1
41	ACUDI1080080U	SNAP LINK	6
42	ACU04-1343	GUIDE BRACKET	1
43	ACU06-0194	STAR KNOB	1
44	ACU05-0036	STARLOCK	6
45	ACU06-0363	PLASTIC WASHER	4
46	ACU05-0311	1/2" RH WASHER	2
47	ACU06-0357	RH CAP	2
48	ACU08-0074	3/8" X 3/4" FLANGE SPACER	2
49	ACU08-0066	3/8 X 1-1/16" FLANGE SPACER	2
50	ACU08-0019	3/8 X 1/2" SPACER	6
51	ACU08-0011	3/8" X 1" SPACER	9
52	ACU7308601	WEIGHT STACK LABEL	1
53	ACUDA1E03813416NB	3/8 X 1-3/4" BOLT	4
55	ACUDA1E03823416NB	3/8 X 2-3/4" BOLT	8
56	ACU06-0358	2" NYLON SPACER	4
57	ACUDA1E03833416NB	3/8 X 3-3/4" BOLT	17
58	ACUDA1C01210413NB	1/2 X 104mm BOLT	1
59	ACU05-0193	12 LINK CHAIN	1
60	ACUDA1E03823416YB	3/8 X 2-3/4" LOC-TITE BOLT	2
61	ACUDA1E03870016NB	3/8 X 7" BOLT	1
62	ACUDB2E01208000B	1/2" LOW HEIGHT LOCK NUT	1
63	ACUDB2E03811000B	3/8" LOCK NUT	36
64	ACUDC1250100020B	3/8" FLAT WASHER	18
65	ACU13-0092-3	GUIDE CABLE	2
66	ACU04-1100	FOOT PLATE	1
67	ACUDA1E03830016NB	3/8 X 3" BOLT	6
68	ACUDA1E03841416NB	3/8 X 4-1/4" BOLT	4
70	ACUDC322010015B	3/8 CURVED WASHER	2
71	ACUDA1E03803416YB	3/8 X 3/4" LOCTITE BOLT	2

NOTE: SOME OF THE PARTS LISTED MAY BE PRE-INSTALLED.



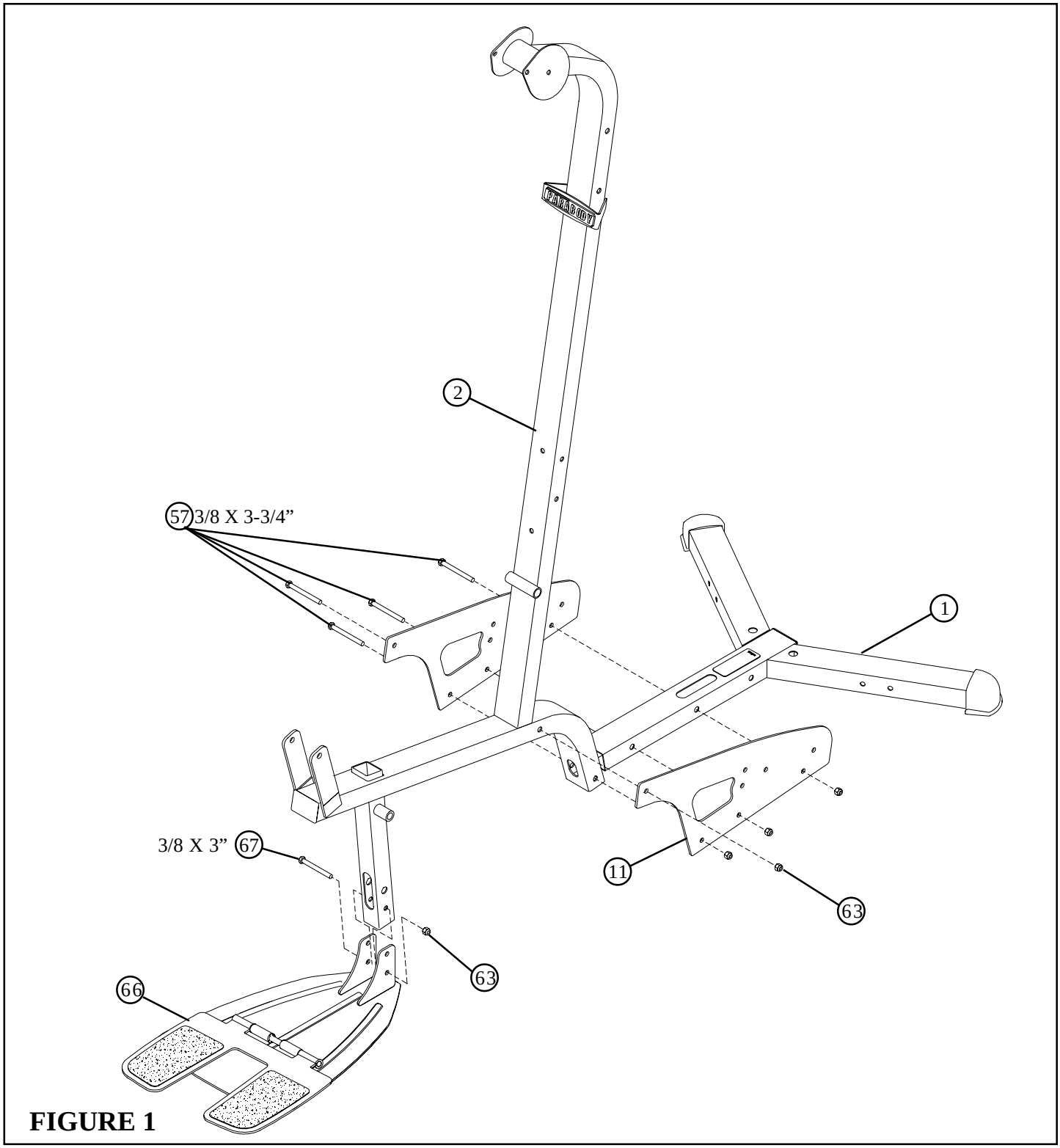
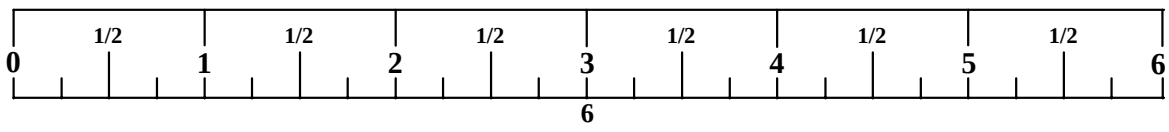


FIGURE 1

STEP 1:

- **LOOSELY** assemble two BASE PLATES (11) to the BASE (1) and the UPRIGHT (2) using four 3/8 X 3-3/4” BOLTS (57) and four 3/8” LOCK NUTS (63). See FIGURE 1.

- **LOOSELY** assemble the FOOTPLATE (66) to the FRAME (2) using one 3/8 X 3” BOLT (67) and one 3/8” LOCK NUT (63) as shown in FIGURE 1.



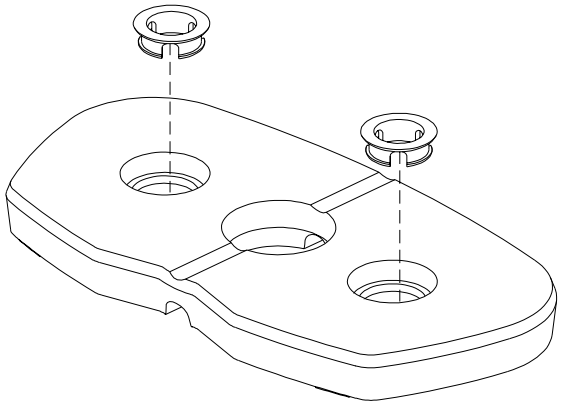
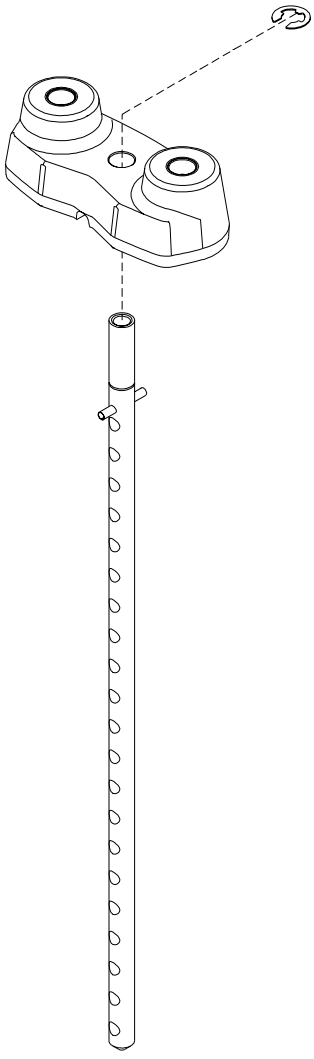


FIGURE 2

- **MAKE SURE THAT THE HEADPLATE AND WEIGHT PLATES ARE ASSEMBLED AS SHOWN IN FIGURE 2 & 3**

FIGURE 3



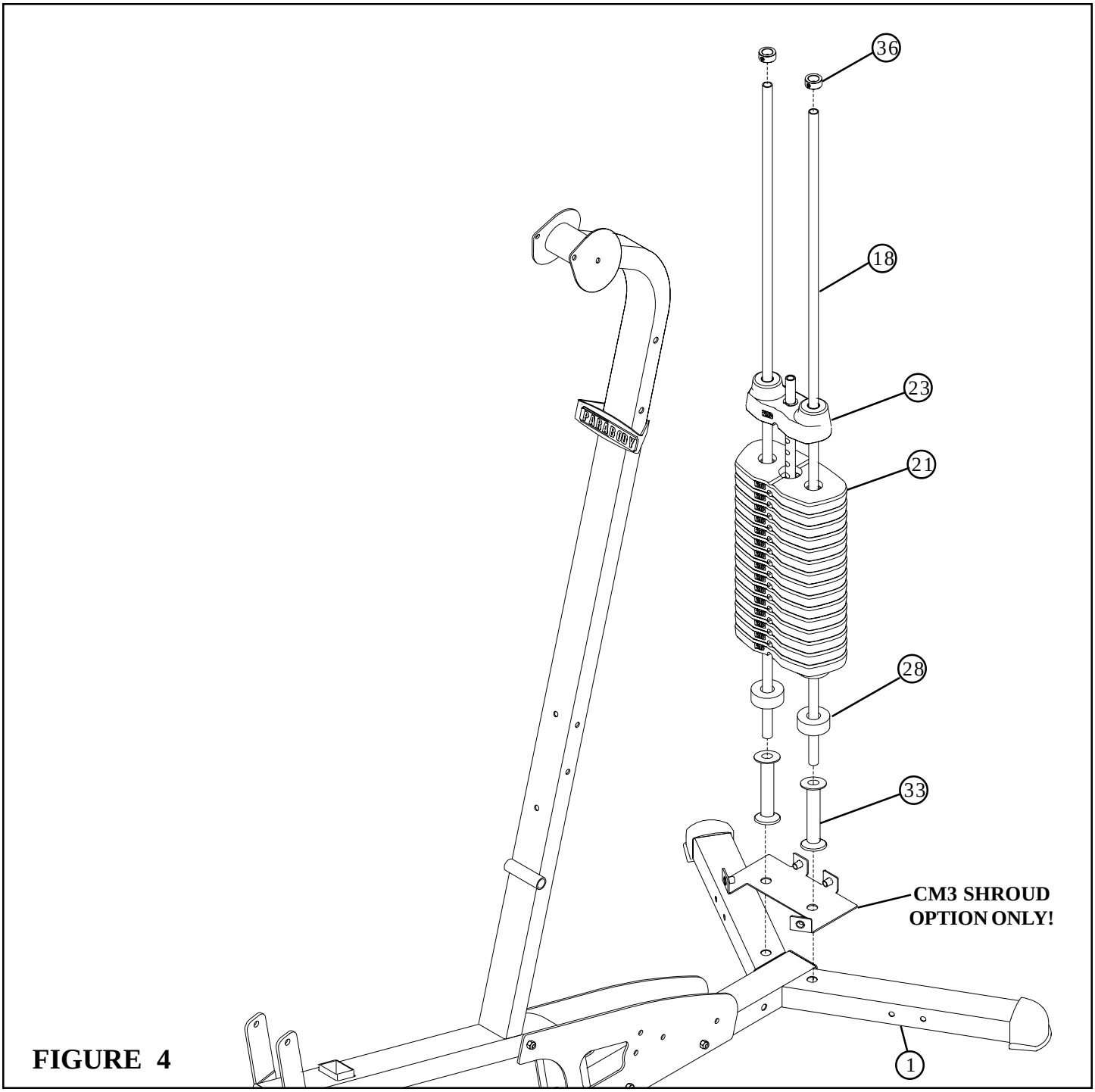
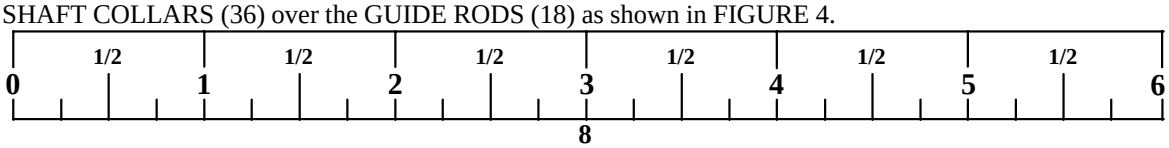


FIGURE 4

STEP 4:

- Insert two GUIDE RODS (18) into the BASE (1) as shown on FIGURE 4. **(NOTE: If the CM3 SHROUD OPTION was purchased, place the GUIDE RODS (18) through the BOTTOM SHROUD BRACKET (found in SHROUD OPTION box) and into the BASE (1) as shown in FIGURE 4.**
- **(NOTE: Lubricate GUIDE RODS (18) with silicon or teflon spray available at most hardware stores.)**
- Slide two WEIGHT STACK SPACERS (33), and two WEIGHT STACK CUSHIONS (28) down over the GUIDE RODS (18).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (21) down over the GUIDE RODS (18) on to the WEIGHT STACK CUSHIONS (28). Make sure that the WEIGHT PLATES (21) are all facing as shown.
- Slide the head plate assembly down over the GUIDE RODS (18) onto the weight stack.
- Slide two SHAFT COLLARS (36) over the GUIDE RODS (18) as shown in FIGURE 4.



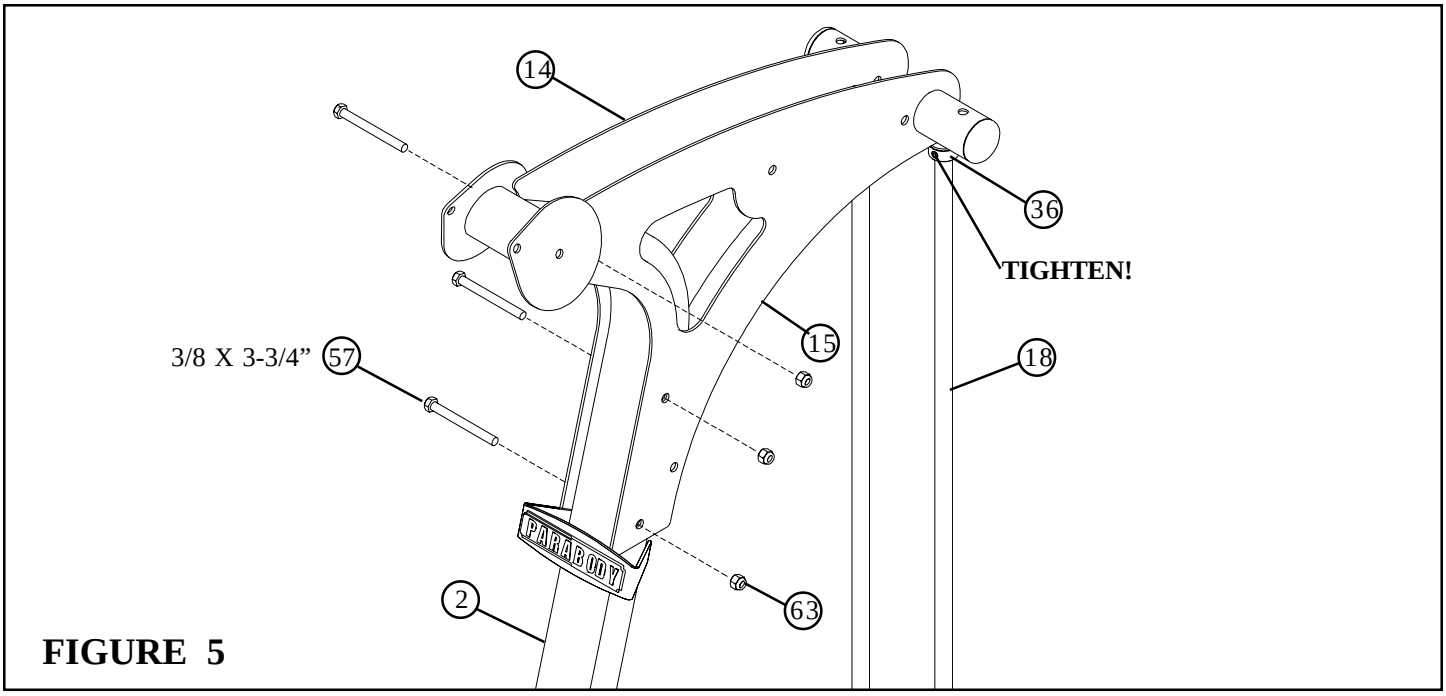
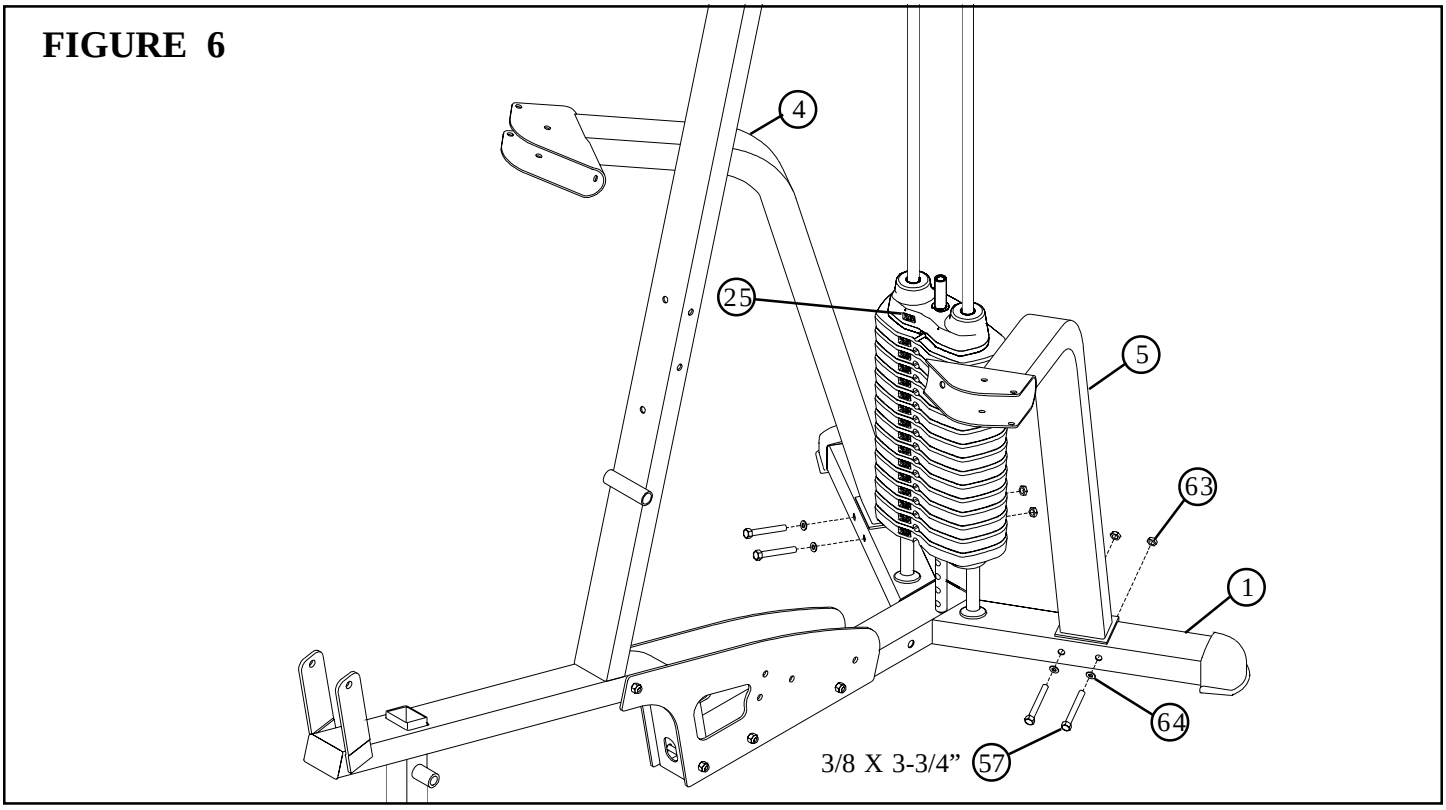


FIGURE 5

STEP 5:

- Swing the GUIDE RODS (18) into the guide rod bushings in each of the RIGHT and LEFT BOOM PLATES (14 & 15) as shown in FIGURE 5.
- **LOOSELY** assemble the RIGHT and LEFT BOOM PLATES (14 & 15) to the UPRIGHT (2) using three 3/8 X 3-3/4" BOLTS (57) and three 3/8" LOCK NUTS (63). See FIGURE 5.
- Slide the SHAFT COLLARS (36) to the top of the GUIDE RODS (18) and tighten set screws as shown in FIGURE 5.

FIGURE 6



STEP 6:

- **LOOSELY** assemble the RIGHT and LEFT ARM SUPPORTS (4 & 5) to the BASE (1) using four 3/8 X 3-3/4" BOLTS (57), four 3/8" FLAT WASHERS (64), and four 3/8" LOCK NUTS (63). See FIGURE 6.
- Apply WEIGHT STACK LABELS (25) to the WEIGHT PLATES (21) starting on the HEAD PLATE as shown in FIGURE 6.

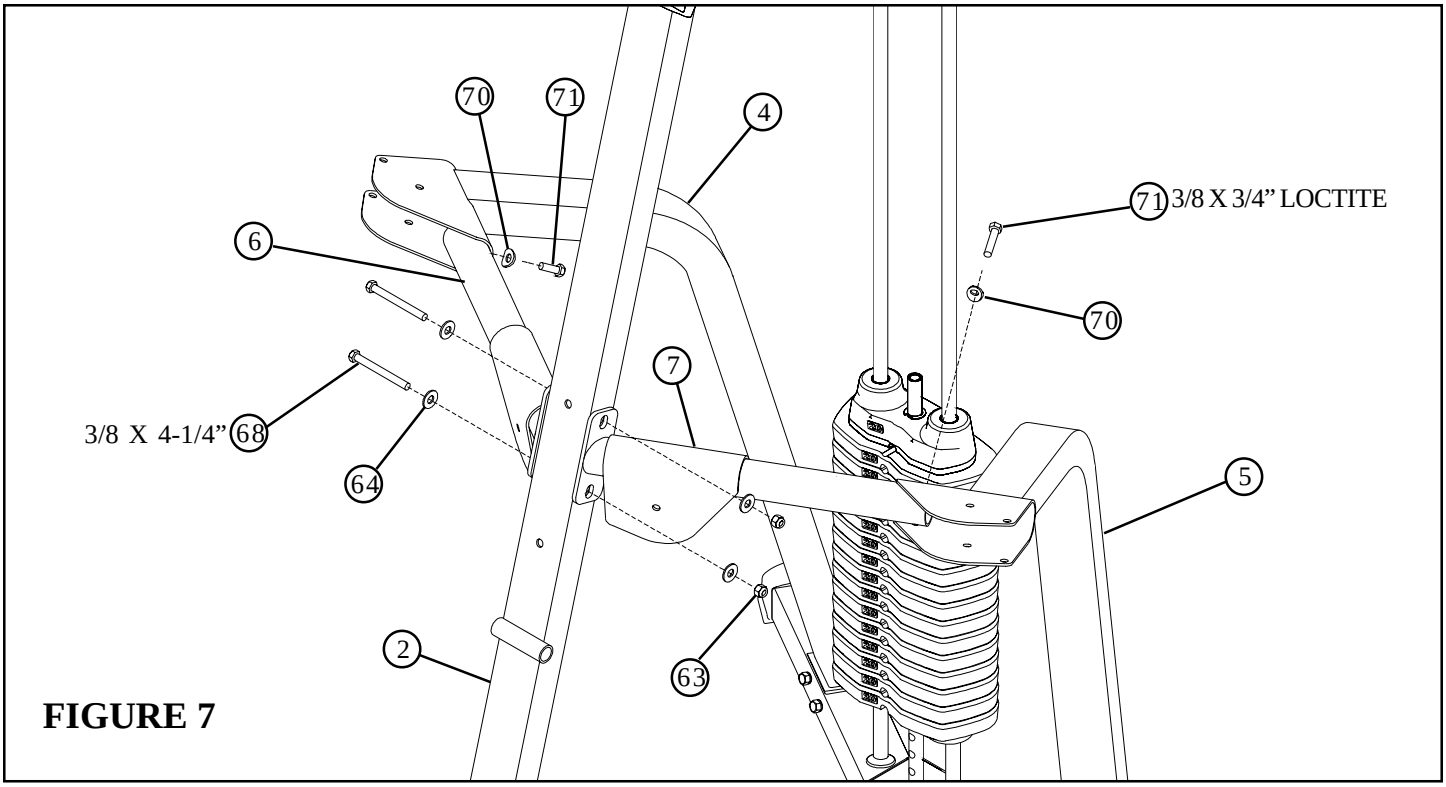


FIGURE 7

STEP 7:

- **LOOSELY** assemble the RIGHT and LEFT ARMS (6 & 7) to the UPRIGHT (2) and the RIGHT and LEFT ARM SUPPORTS (4 & 5) using two 3/8 X 4-1/4" BOLTS (68), four 3/8" FLAT WASHERS (64), and two 3/8" LOCK NUTS (63). See FIGURE 7.
- **LOOSELY** assemble the RIGHT and LEFT ARMS (6 & 7) to the RIGHT & LEFT ARM SUPPORTS (4 & 5) using two 3/8 x 3/4" LOCTITE BOLTS (71) and two 3/8" CURVED WASHERS (70)

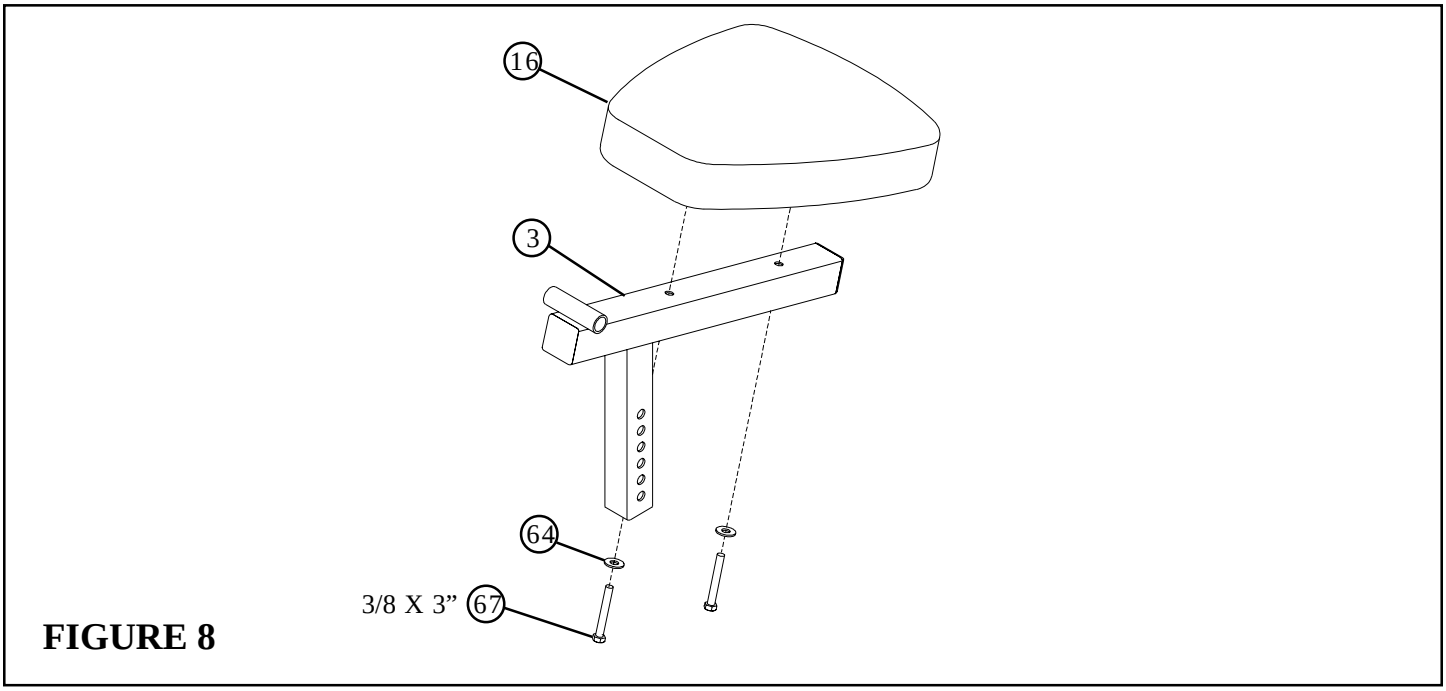
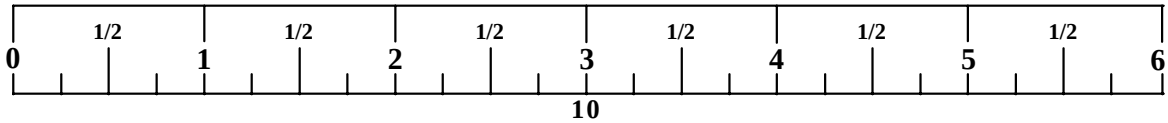


FIGURE 8

STEP 8:

- **SECURELY** assemble one SEAT PAD (16) to the SEAT ADJUST (3) using two 3/8 X 3" BOLTS (67) and two 3/8" WASHERS (64). See FIGURE 8.



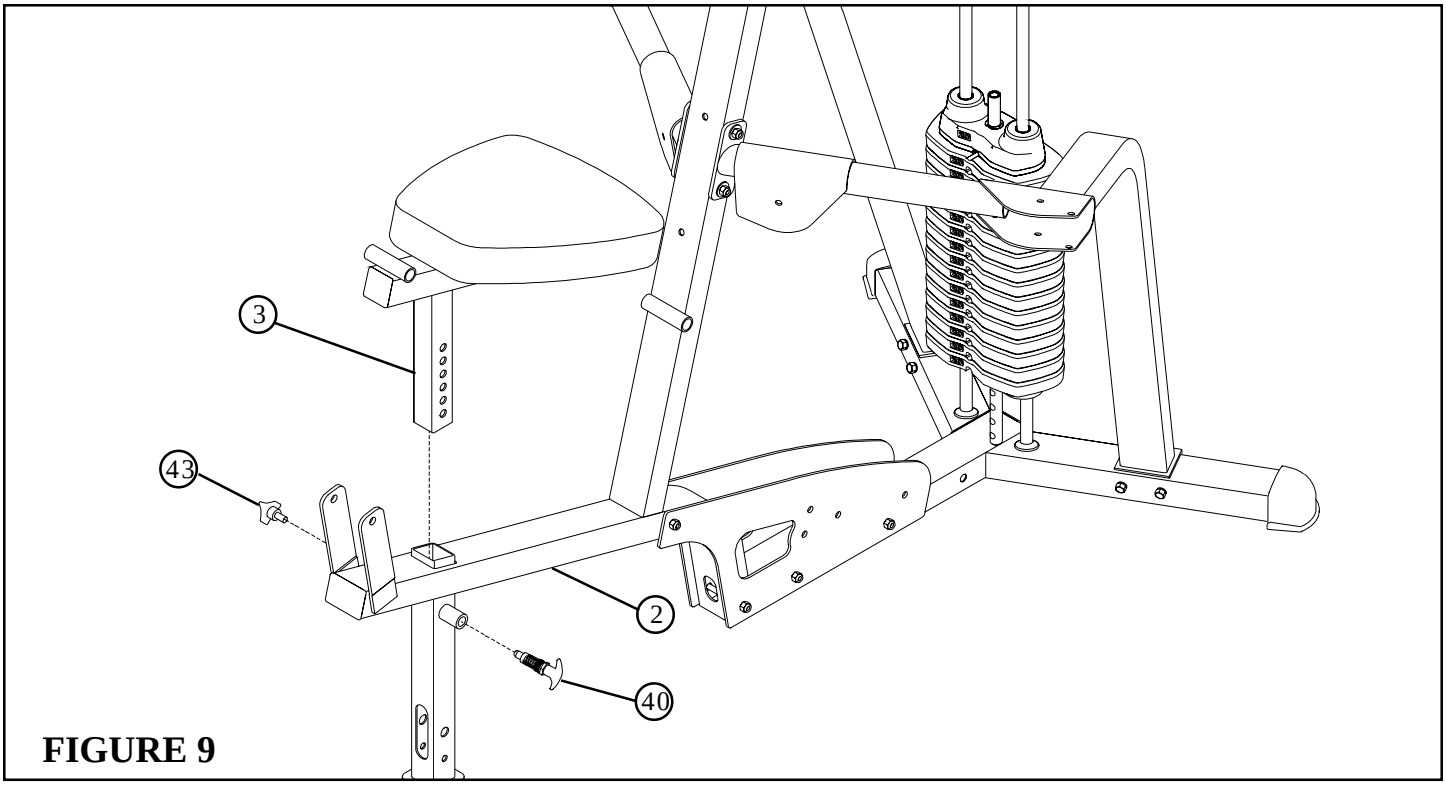


FIGURE 9

STEP 9:

- Securely assemble one SPRING PIN ASSEMBLY (40) and one 3 PRONG KNOB (43) to the FRONT UPRIGHT (2) as shown.
- Insert the SEAT ADJUST ASSEMBLY into the UPRIGHT (2) as shown. The SEAT height can be adjusted using the SPRING PIN (40) and can be secured with the 3 PRONG KNOB (43).

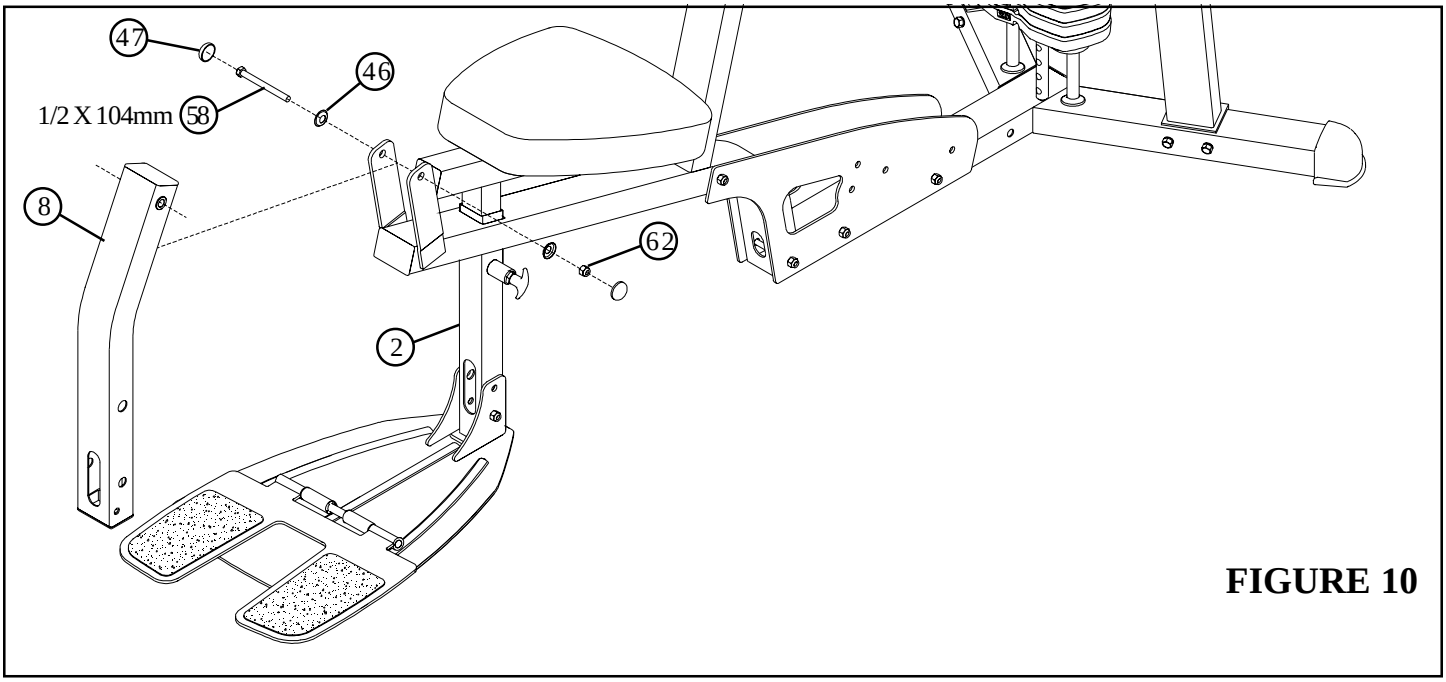


FIGURE 10

STEP 10:

- Assemble the LEG PEDESTAL (8) to the UPRIGHT (2) using two RH CAPS (47), one 1/2 X 104mm BOLT (58), two 1/2" RH WASHERS (46), and one 1/2" LOW HEIGHT LOCK NUT (62). **(Note: Tighten this connection enough to remove excess play yet allow the LEG PEDESTAL to rotate freely.)**

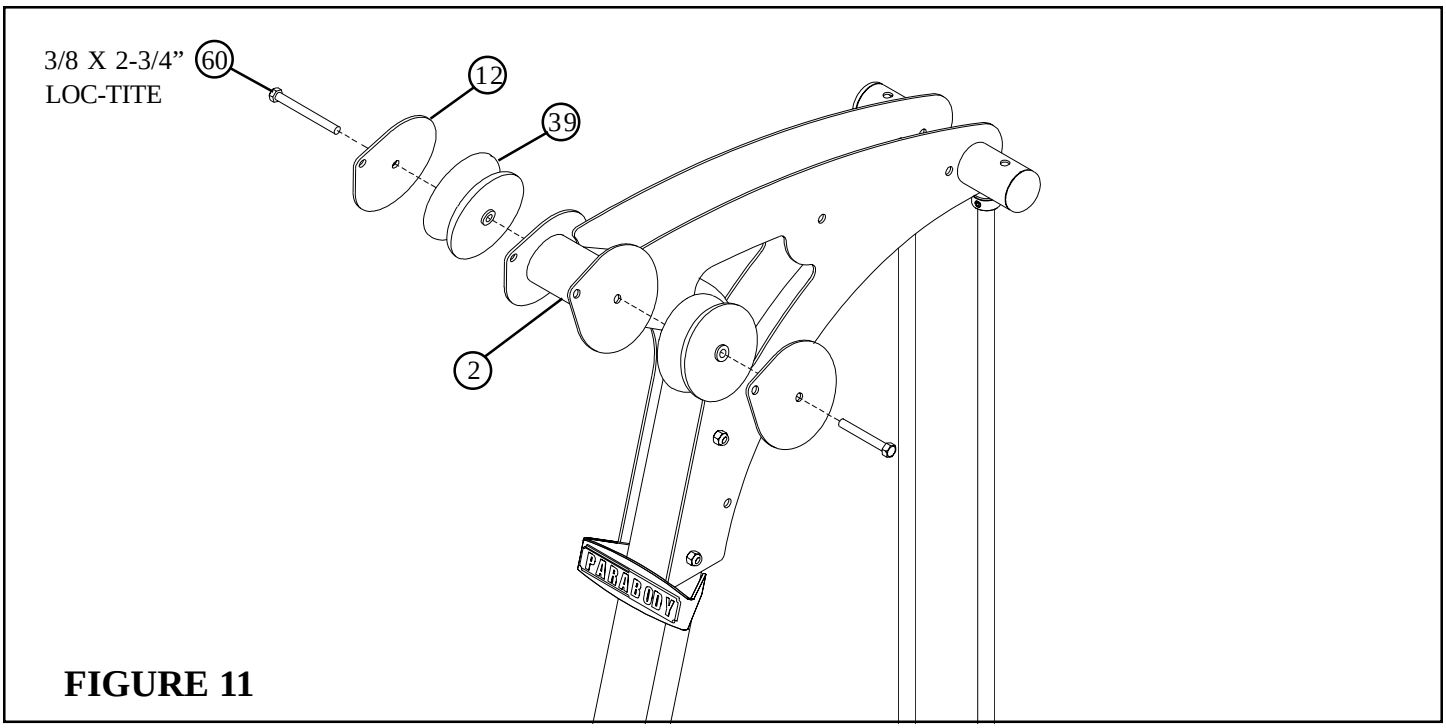


FIGURE 11

STEP 11:

- Assemble two V-PULLEY PLATES (12) and two 4-1/2" V-GROOVE PULLEYS (39) to the UPRIGHT (2) using two 3/8 X 2-3/4" LOC-TITE BOLTS (60) . See FIGURE 11.

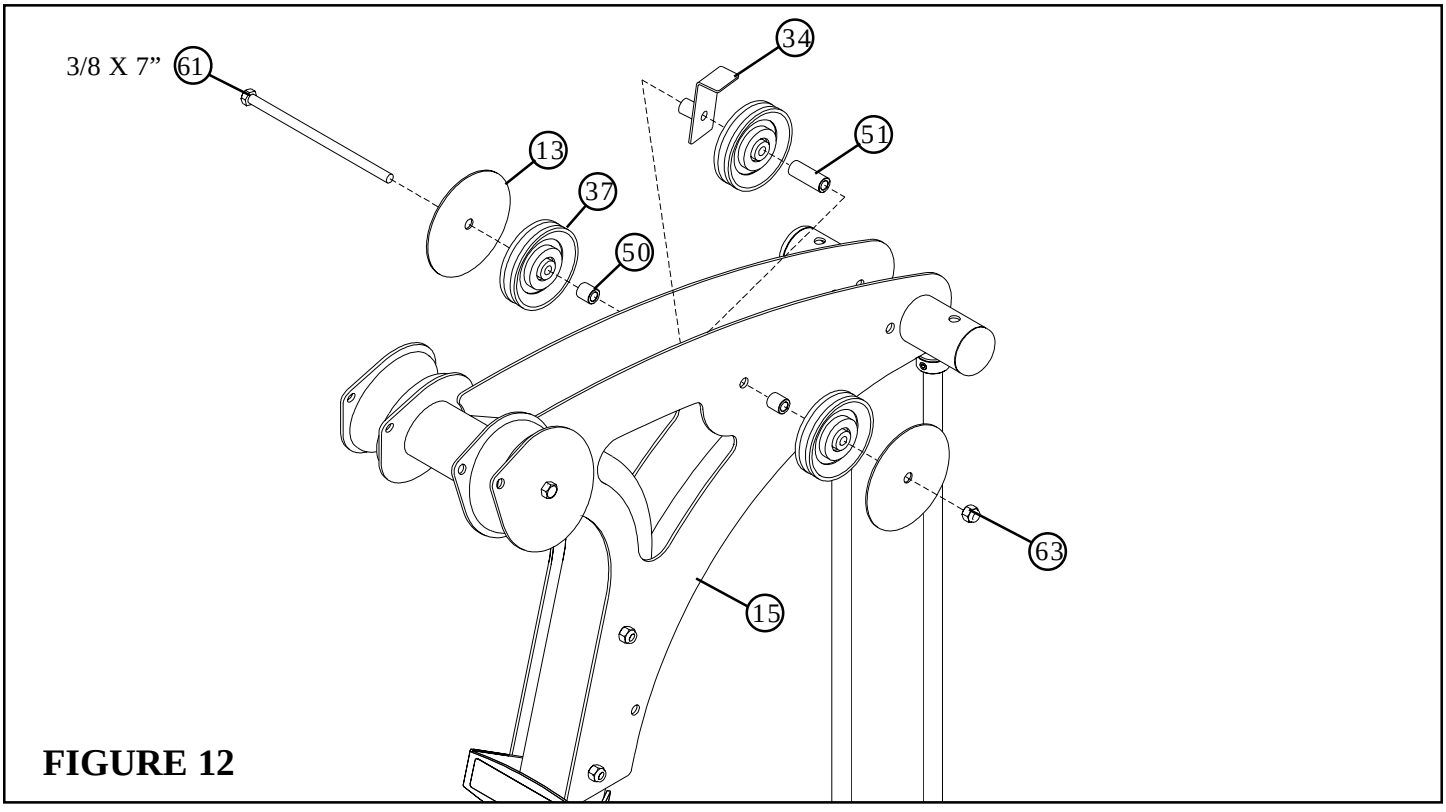
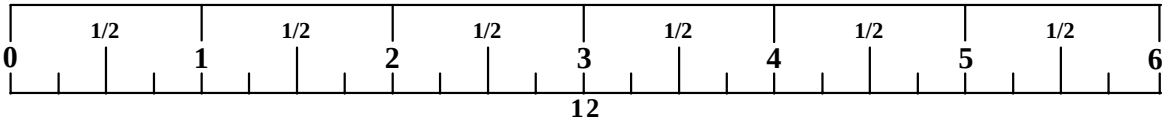


FIGURE 12

STEP 12:

- Assemble two BOOM PULLEY PLATES (13) and three 3-1/2" PULLEYS (37) to the BOOM PLATES (14 & 15) using one 3/8 X 7" BOLT (61), two 3/8 X 1/2" SPACERS (50), one 3/8 X 1" SPACERS (51), one CABLE GUARD (34) and one 3/8" LOCK NUT (63) . See FIGURE 12.



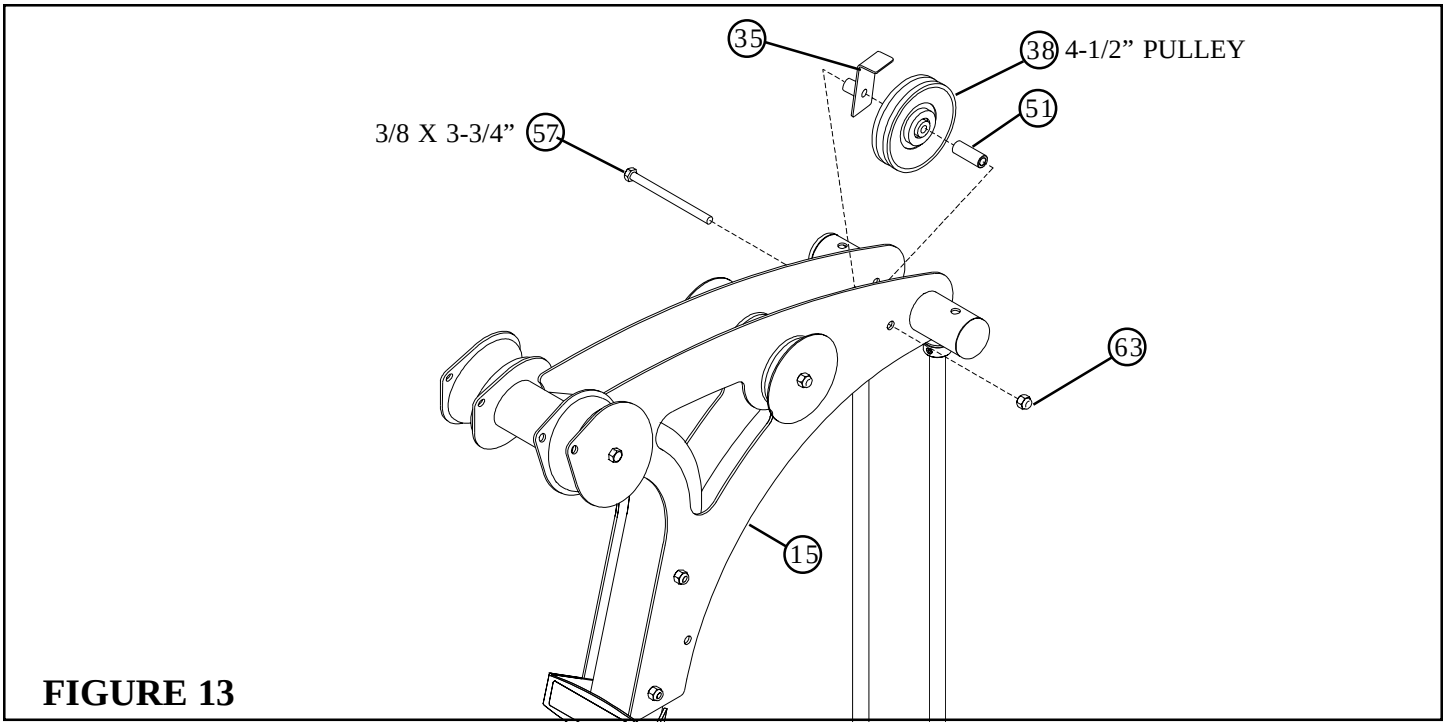


FIGURE 13

STEP 13:

- Assemble one 4-1/2" PULLEY (38) to the BOOM PLATES (14 & 15) using one 3/8 X 3-3/4" BOLT (57), one 3/8 X 1" SPACERS (51), one 4-1/2" CABLE GUARD (35) and one 3/8" LOCK NUT (63). See FIGURE 13.

- **IMPORTANT! Uncoil and straighten all CABLES in order to remove all twist prior to installation**

STEP 14:

- Assemble the WEIGHT STACK PIN (27) to the WEIGHT STACK SHAFT (26) as shown in FIGURE 14.
- Screw the long threaded end of the WEIGHT STACK CABLE (29) into the end of the WEIGHT PLATE SHAFT (26) .See FIGURE 14.
- Route the WEIGHT STACK CABLE (29) around the pulleys in the BOOM PLATES (14 & 15) as shown in FIGURE 14. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Assemble two PULLEY PLATES (10) around one 3-1/2" PULLEY (37) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) as shown in FIGURE 14. **(Note: Loop the CABLE around the PULLEY prior to assembling the PULLEY PLATES.)**

FIGURE 14

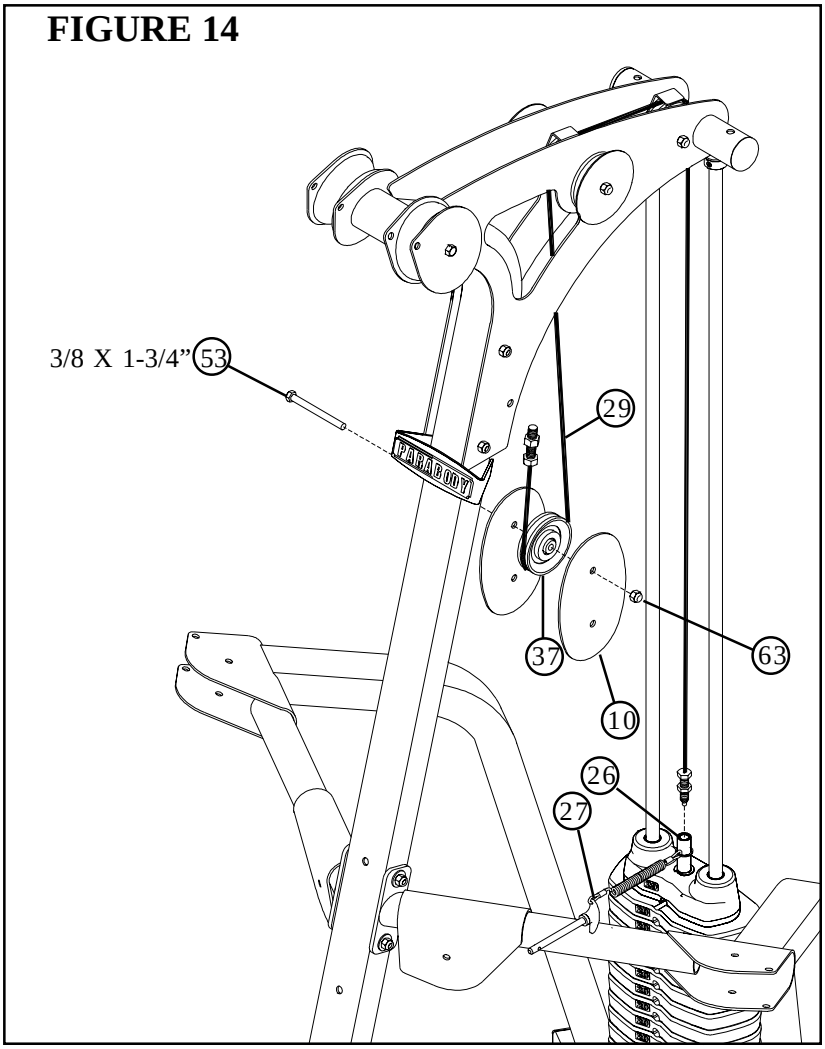
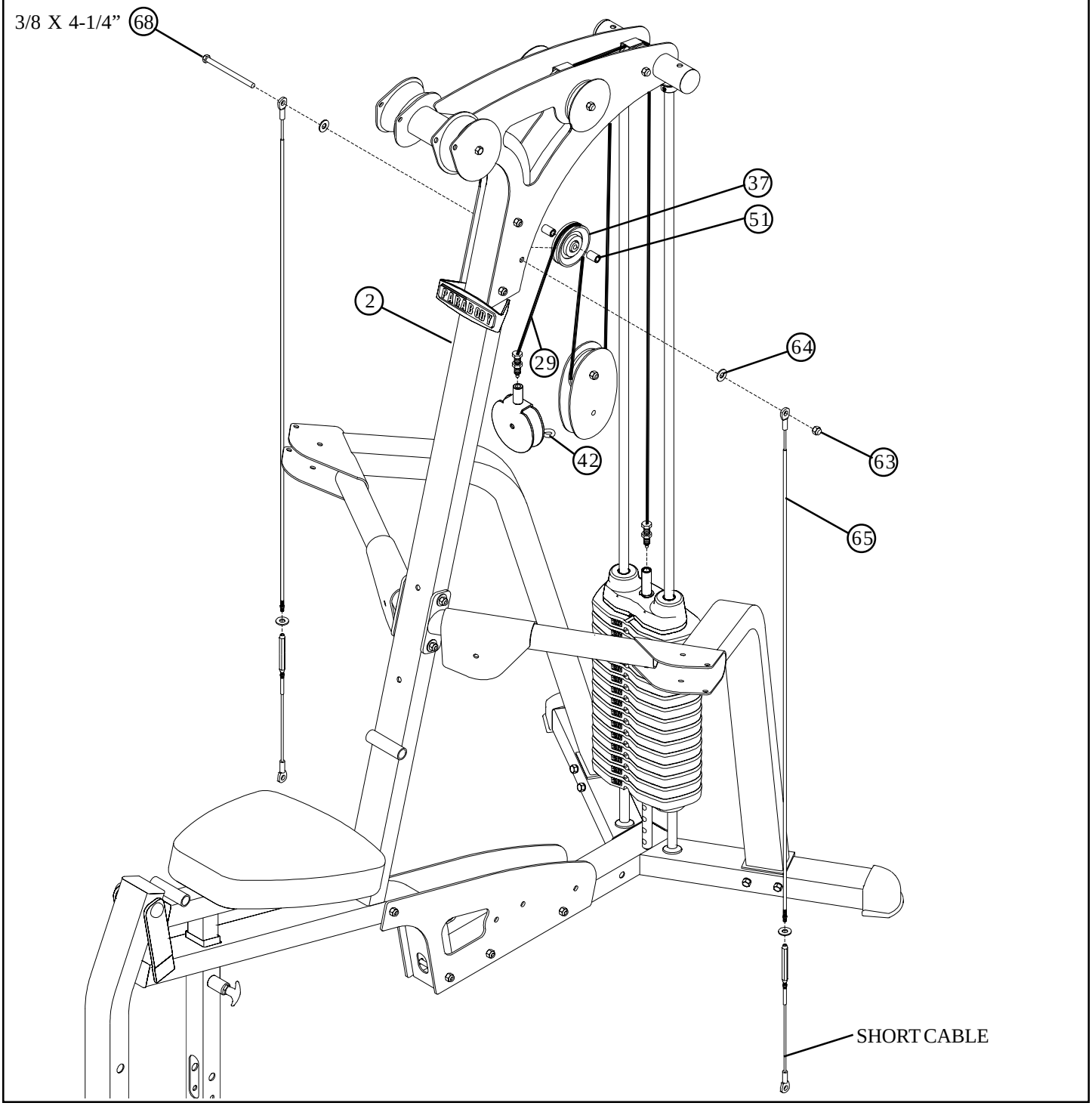


FIGURE 15



STEP 15:

- Assemble one 3-1/2" PULLEY (37) to the BOOM PLATES (14 & 15) using one 3/8 X 4-1/4" BOLT (68), two 3/8" SAE WASHERS (64), two GUIDE CABLES (65), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 15.**(Note: Loop the WEIGHT STACK CABLE around the PULLEY prior to assembling to the BOOM PLATES.)**
- Screw the short threaded end of the WEIGHT STACK CABLE (29) into the end of the PULLEY BRACKET (9) .See FIGURE 15.
- Disassemble the SHORT CABLE and the turnbuckle on the GUIDE CABLE (65) as shown in FIGURE 15. The SHORT CABLE will be reassembled later.

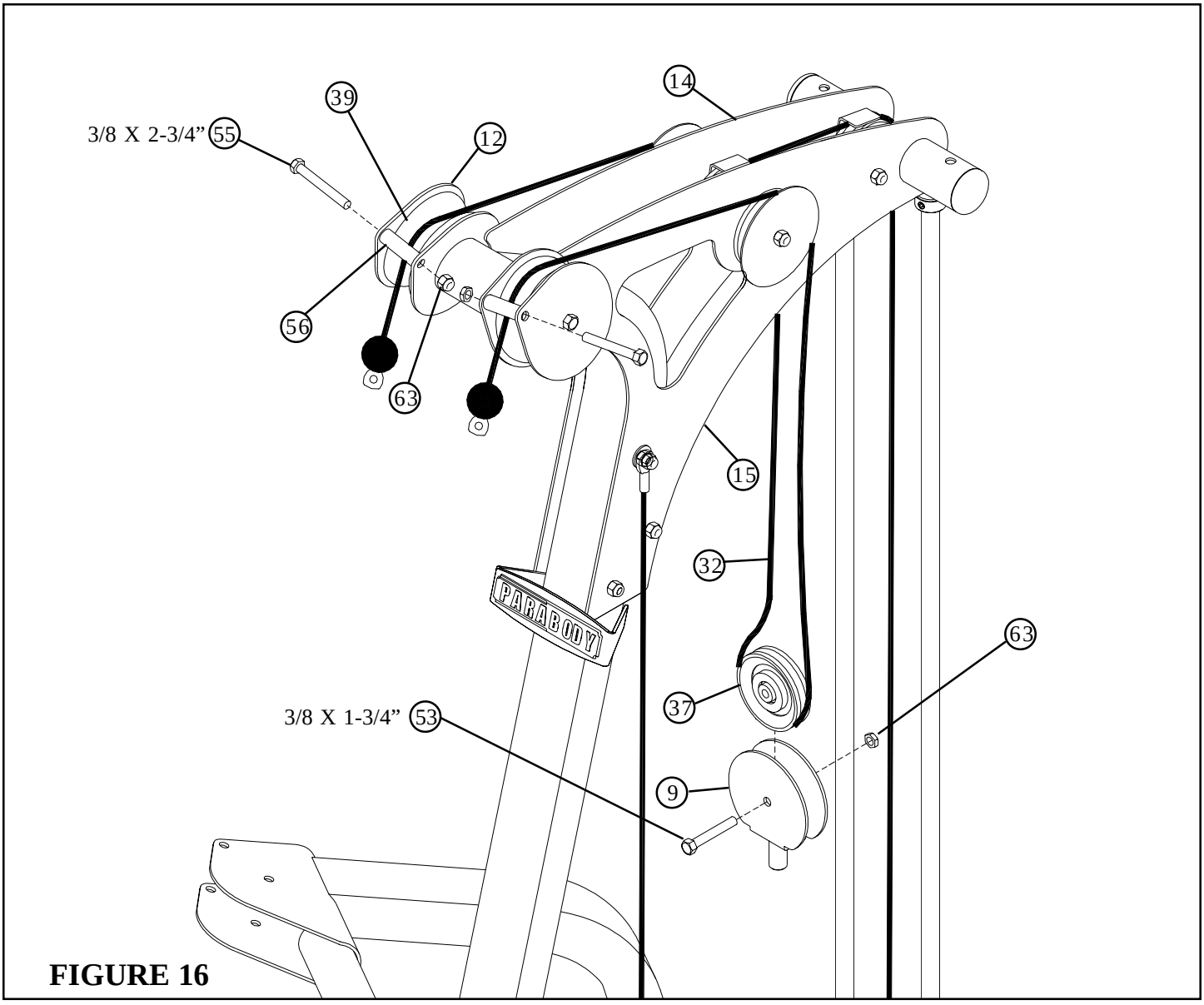


FIGURE 16

STEP 16:

- Route the BOOM CABLE (32) over the V-GROOVE PULLEY (39) and the 3-1/2" PULLEY (37) on the LEFT BOOM PLATE (15) and over the 3-1/2" PULLEY (37) on the RIGHT BOOM PLATE (14) and over the V-GROOVE PULLEY (39) as shown in STEP 16.
- **SECURELY** assemble two 2" NYLON SPACERS (56) to the V-PULLEY PLATES (12) and the BOOM PLATES (14 & 15) using two 3/8 X 2-3/4" BOLTS (55) and two 3/8" LOCK NUTS (63). See FIGURE 15.
- Assemble one 3-1/2" PULLEY (37) to the PULLEY BRACKET (9) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) **(Note: Loop the BOOM CABLE around the PULLEY prior to assembling the PULLEY BRACKET.)**

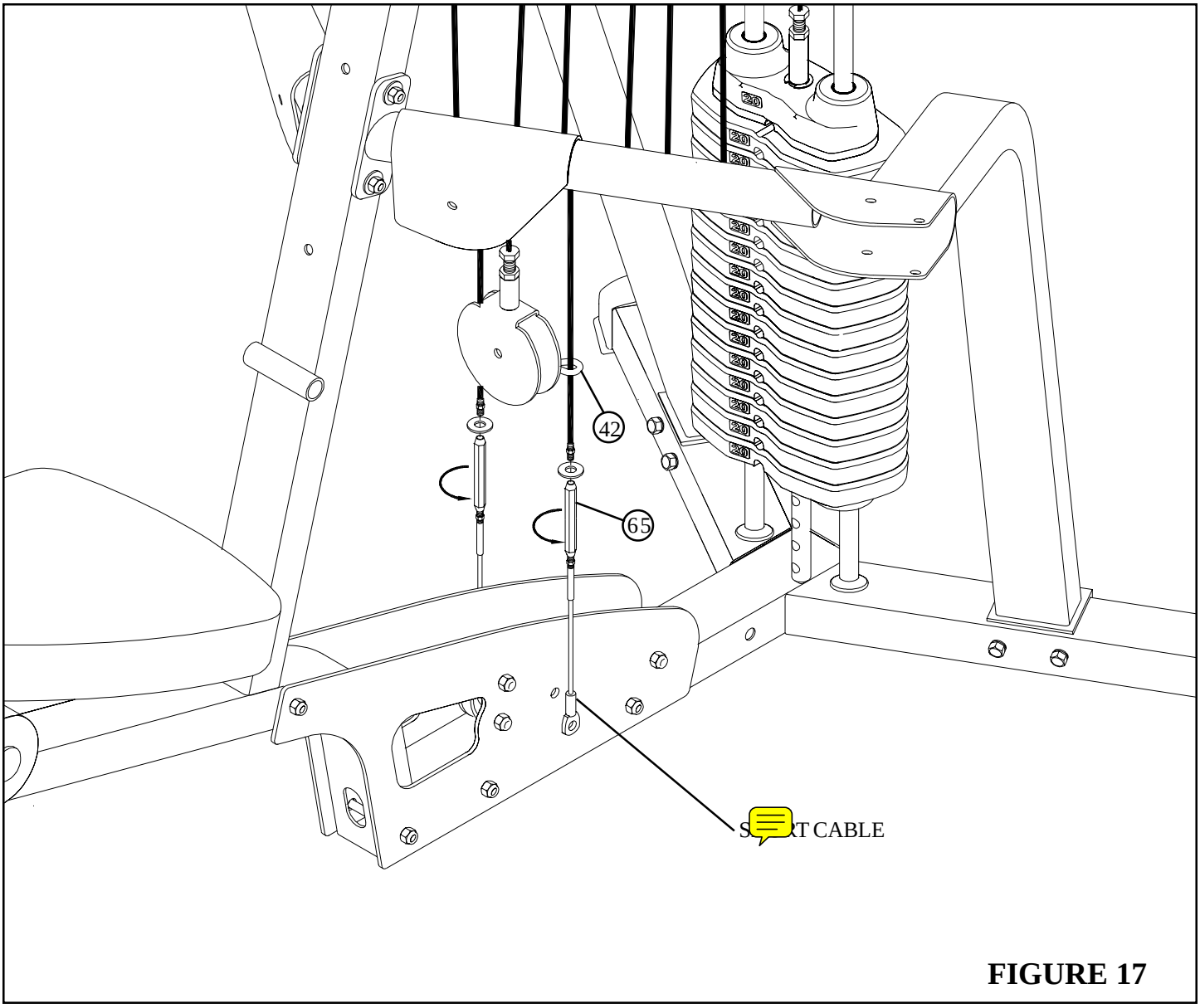
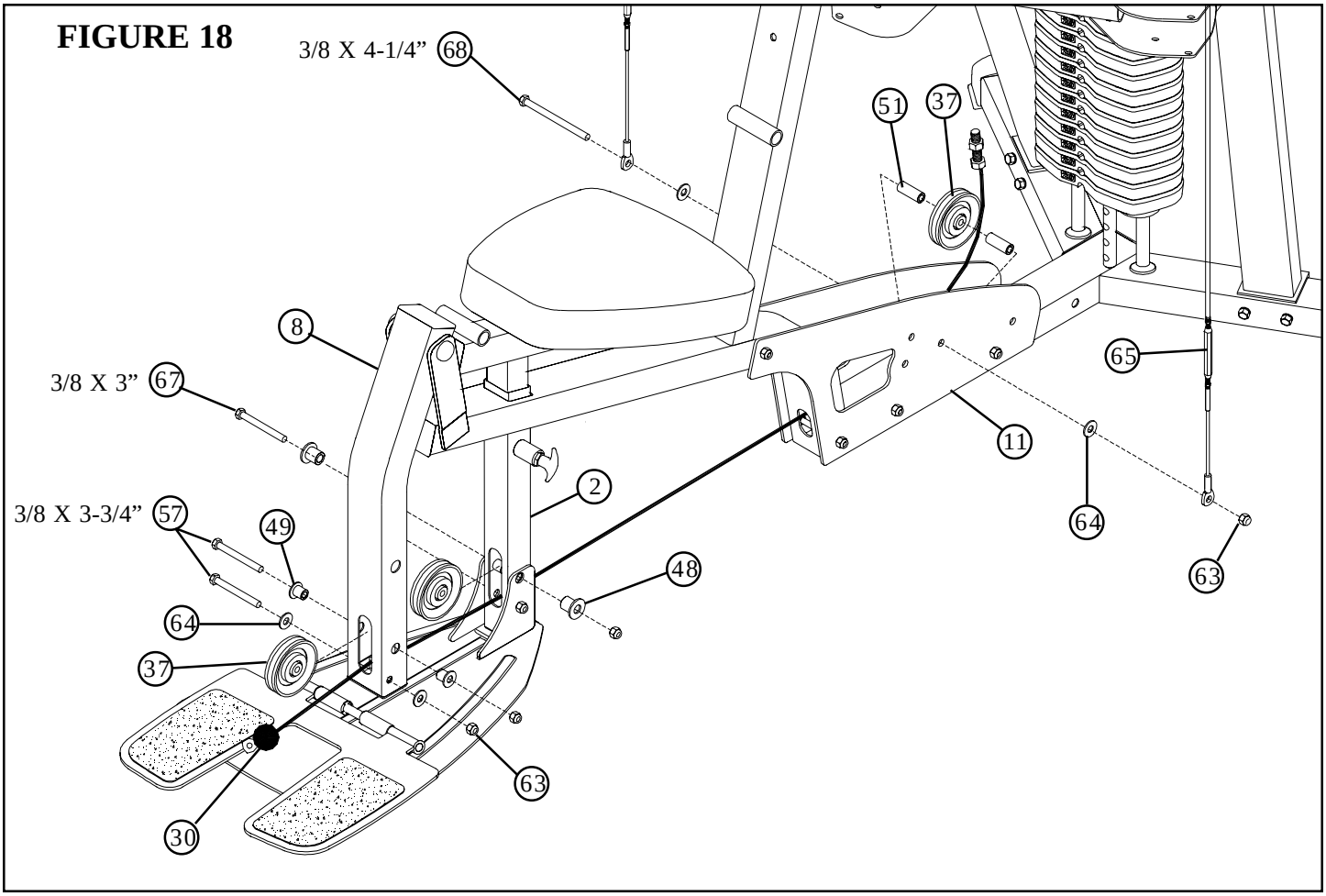


FIGURE 17

STEP 17:

- **CAREFULLY** slide the GUIDE BRACKET (42) through the GUIDE CABLES (65) as shown in FIGURE 17.
- Assemble the SHORT CABLE and the turnbuckle to each GUIDE CABLE (65) as shown in FIGURE 17.
- Adjust the turnbuckle on each GUIDE CABLE (65) to add tension to the GUIDE CABLES (65) until they are taut. Secure turnbuckle with the JAM NUTS as shown in FIGURE 17.

FIGURE 18

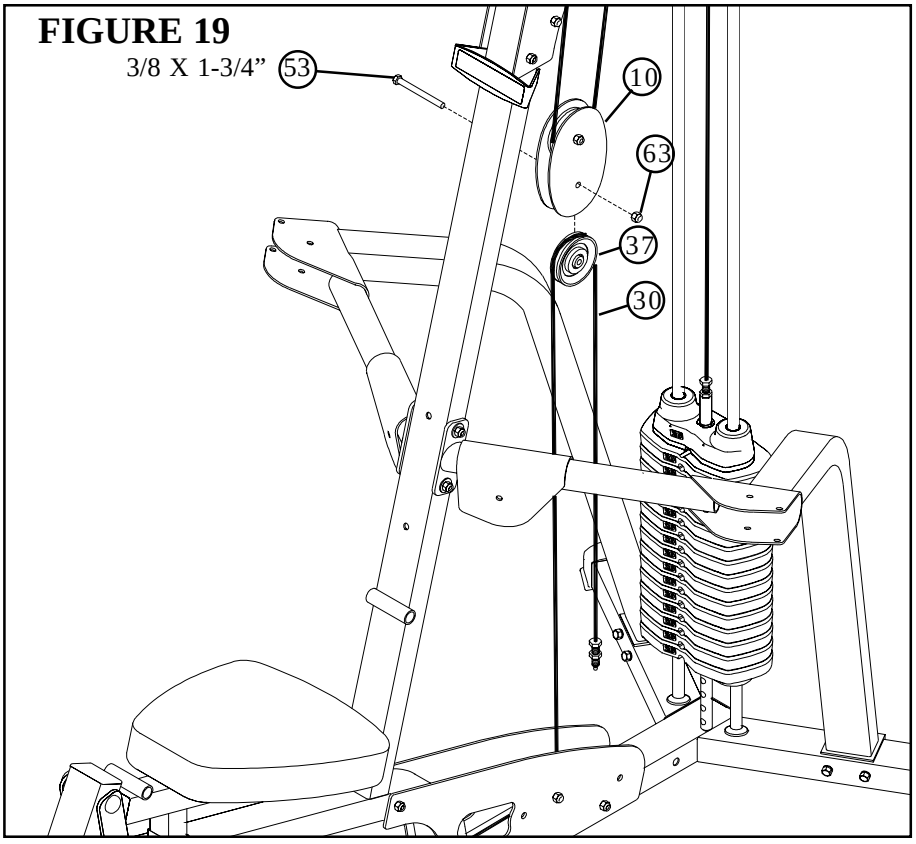


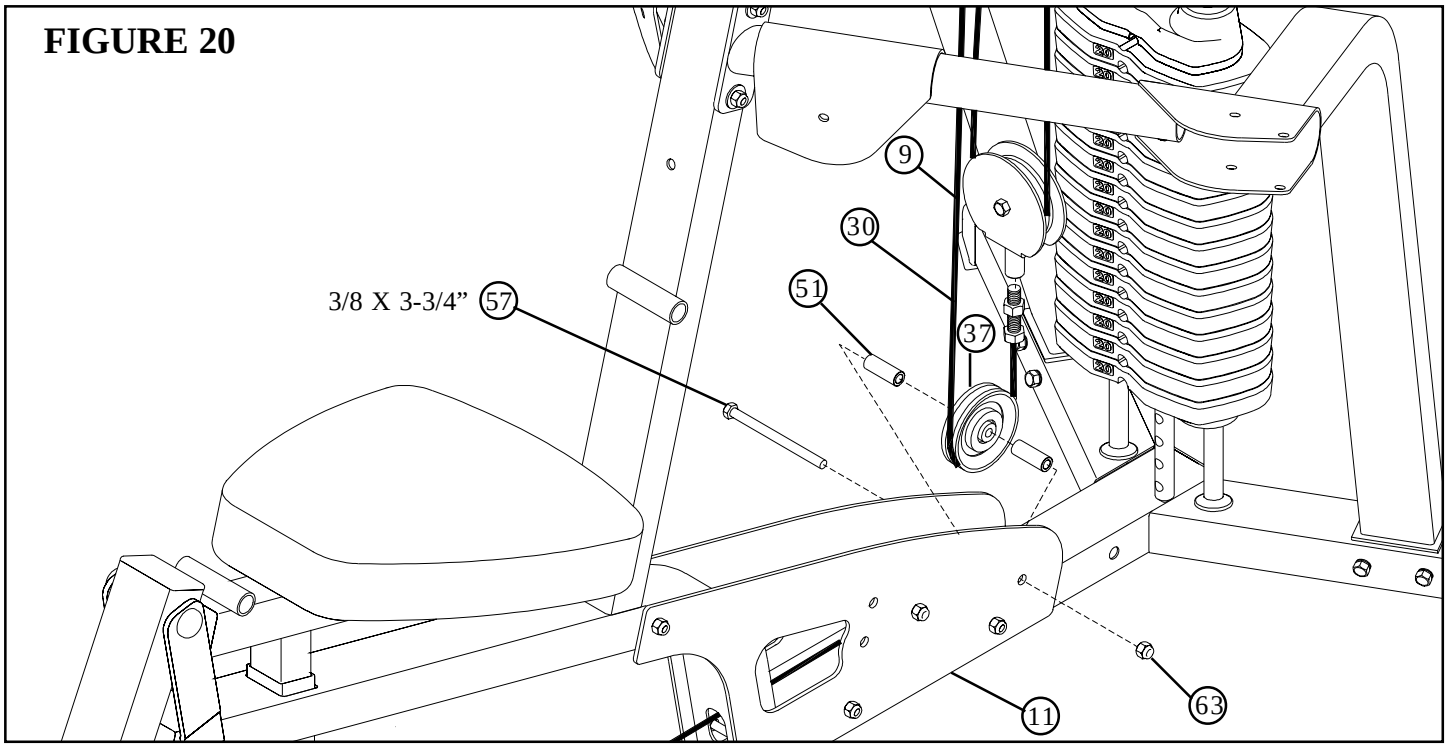
STEP 18:

- Securely assemble the ball end of the LEG CABLE (30) and one 3-1/2" PULLEY (37) to the LEG PEDESTAL (8) using two 3/8 X 3-3/4" BOLTS (57), two 3/8" X 1-1/16" FLANGE SPACERS (49), two 3/8" WASHERS (64), and two 3/8" LOCKNUTS (63). **(NOTE: The LEG CABLE (30) must be routed over the retaining bolt as shown in FIGURE 18.)**
- Securely assemble one 3-1/2" PULLEY (37) to the UPRIGHT (2) using one 3/8 X 3" BOLT (67), two 3/8 x 3/4" FLANGE SPACERS (48) and one 3/8" LOCKNUT (63). **(NOTE: The LEG CABLE (30) must be routed over the retaining bolt as shown in FIGURE 18.)**
- Assemble one 3-1/2" PULLEY (37) to the BASE PLATES (11) using one 3/8 X 4-1/4" BOLT (68), two 3/8" WASHERS (64), two GUIDE CABLES (65), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 18.**(Note: Loop the LEG CABLE (30) around the PULLEY prior to assembling the PULLEY to the BASE PLATES.)**

STEP 19:

- Assemble one 3-1/2" PULLEY (37) to the PULLEY PLATES (10) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) as shown in FIGURE 19. **(Note: Loop the CABLE around the PULLEY prior to assembling the PULLEY PLATES.)**

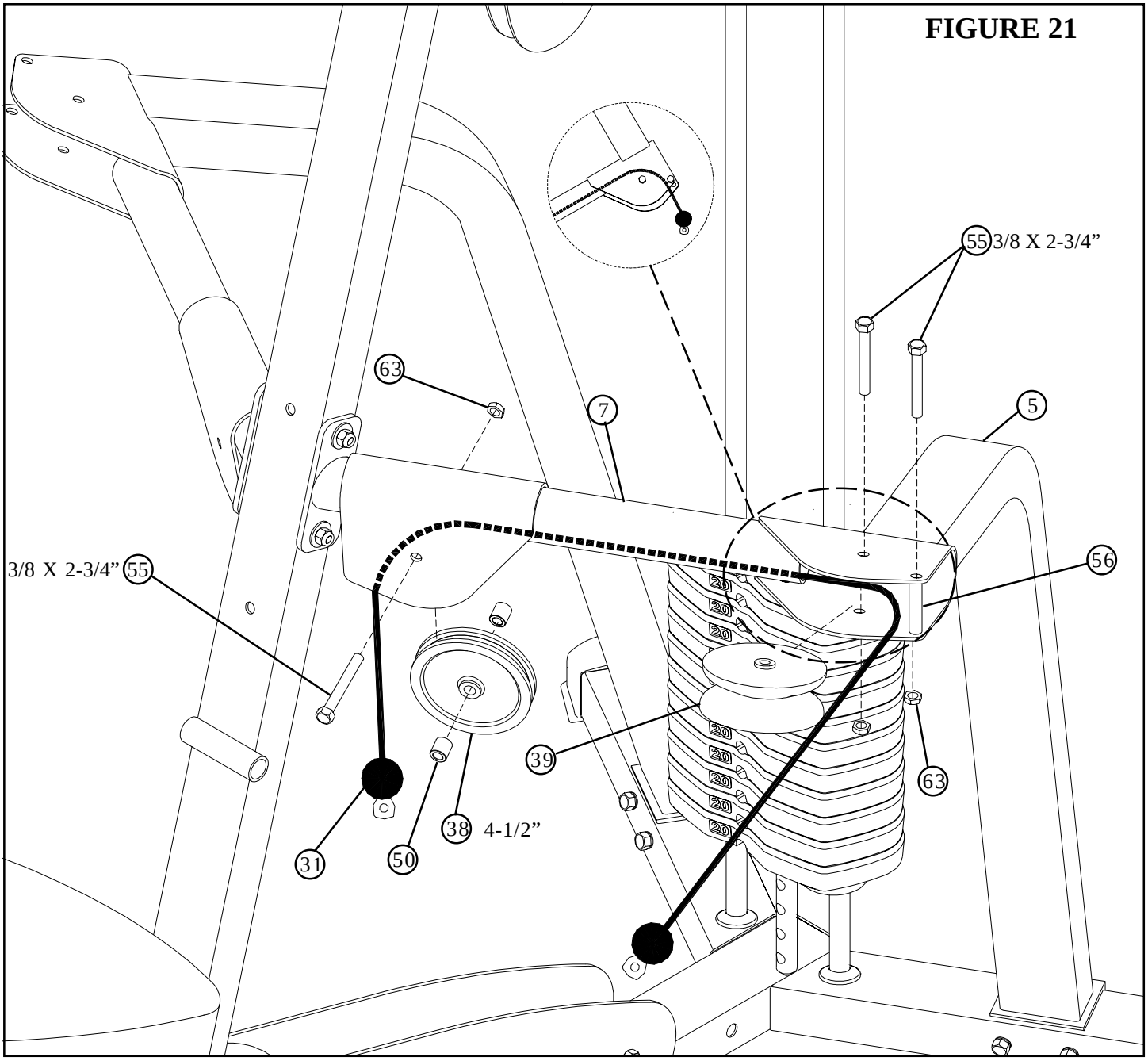




STEP 20:

- Assemble one 3-1/2" PULLEY (37) to the BASE PLATES (11) using one 3/8 X 3-3/4" BOLT (57), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 19.**(Note: Loop the LEG CABLE (30) around the PULLEY prior to assembling the BASE PLATES.)**

- Screw the threaded end of the LEG CABLE (30) into the end of the PULLEY BRACKET (9). See FIGURE 20.



STEP 21:

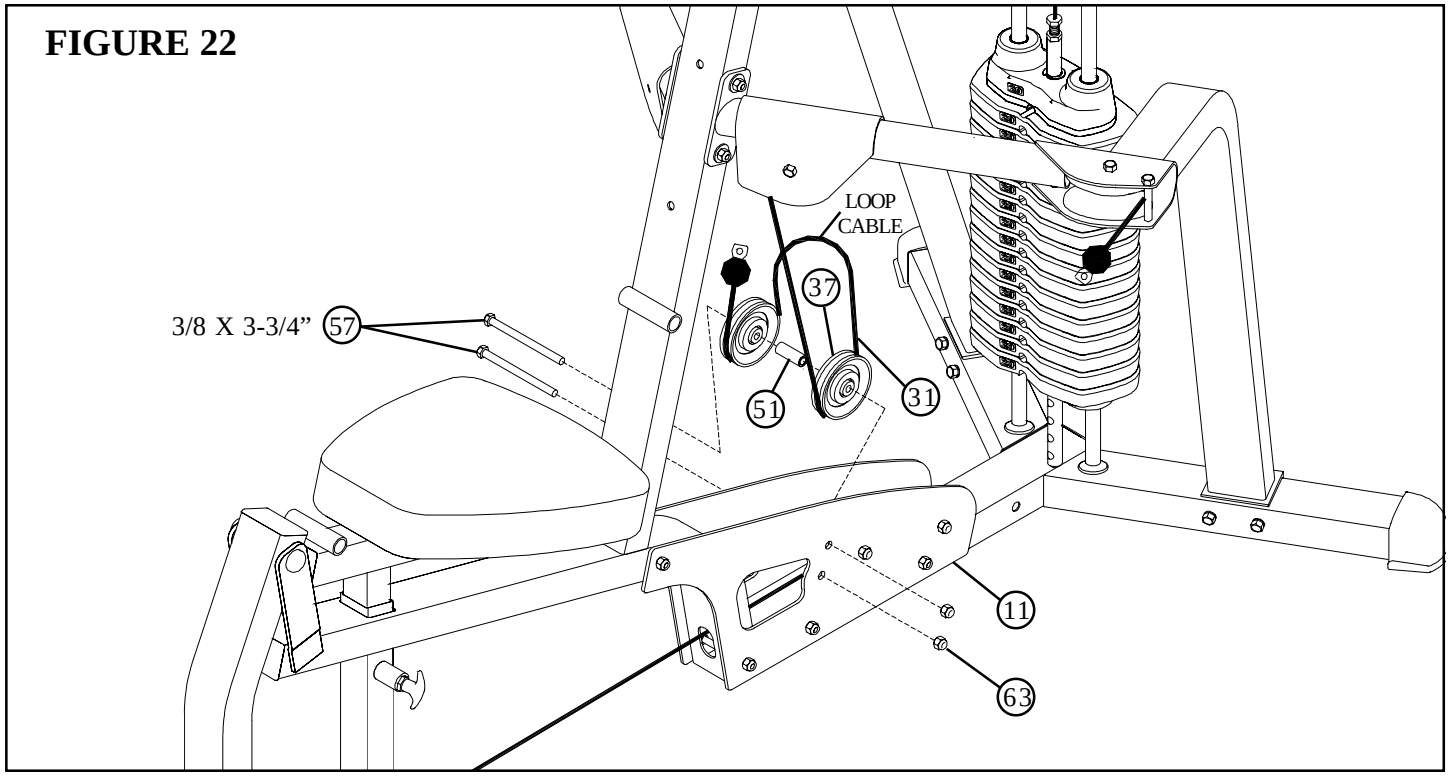
- Route the ARM CABLE (31) through the LEFT ARM (7) as shown in FIGURE 21.

- Assemble one V-PULLEY (39) to the LEFT ARM SUPPORT (5) using one 3/8 X 2-3/4” BOLT (55) and one 3/8” LOCK NUT (63). See FIGURE 21. **(Note: Loop the ARM CABLE around the PULLEY prior to assembling the LEFT ARM SUPPORT.)**

- **SECURELY** assemble one 2” NYLON SPACER (56) to the LEFT ARM SUPPORT (5) using one 3/8 X 2-3/4” BOLT (55) and one 3/8” LOCK NUT (63). See FIGURE 21.

- Assemble one 4-1/2” PULLEY (38) to the LEFT ARM (7) using one 3/8 X 2-3/4” BOLT (55), two 3/8 X 1/2” SPACERS (50) and one 3/8” LOCK NUT (63). See FIGURE 21. **(Note: Loop the ARM CABLE around the PULLEY prior to assembling the LEFT ARM.)**

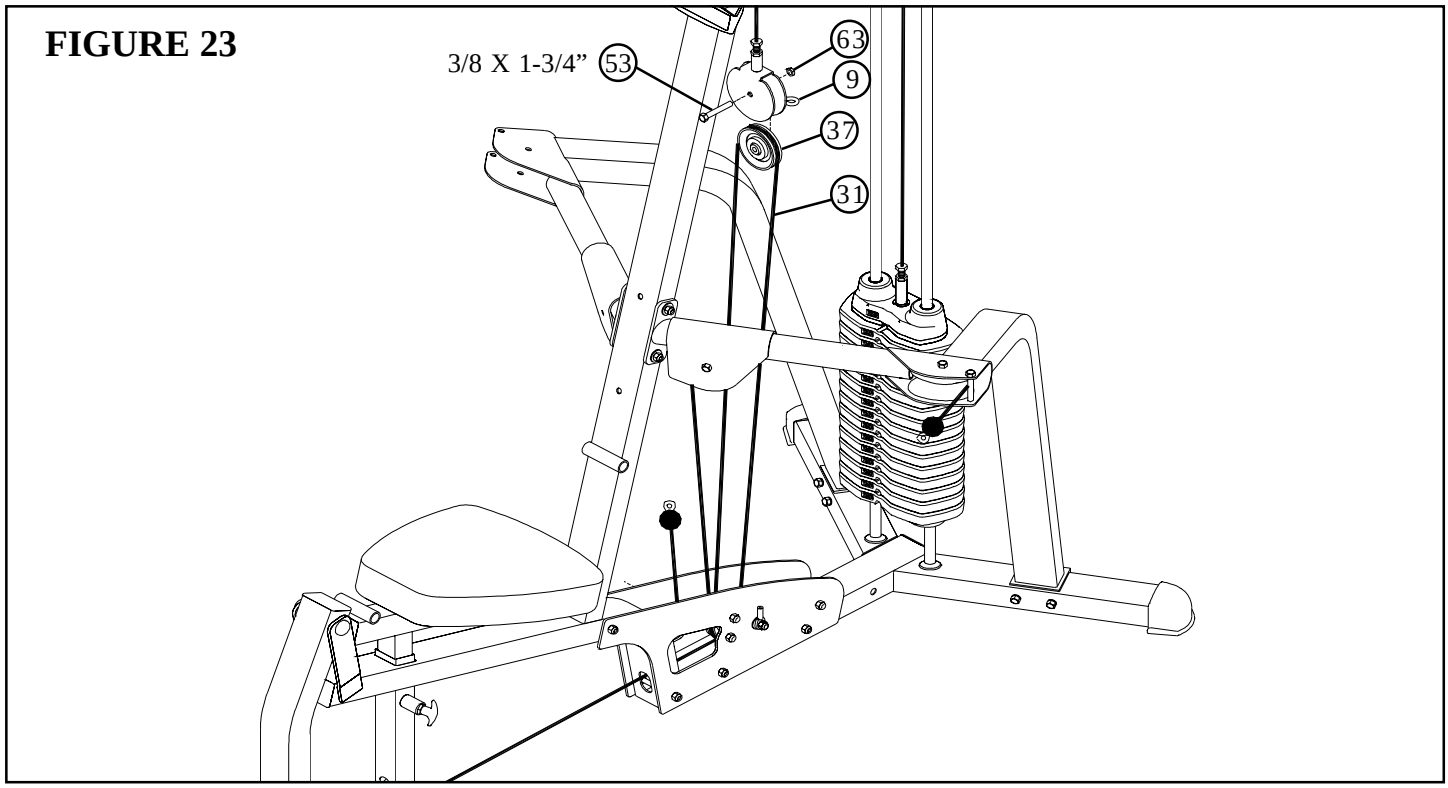
FIGURE 22



STEP 22:

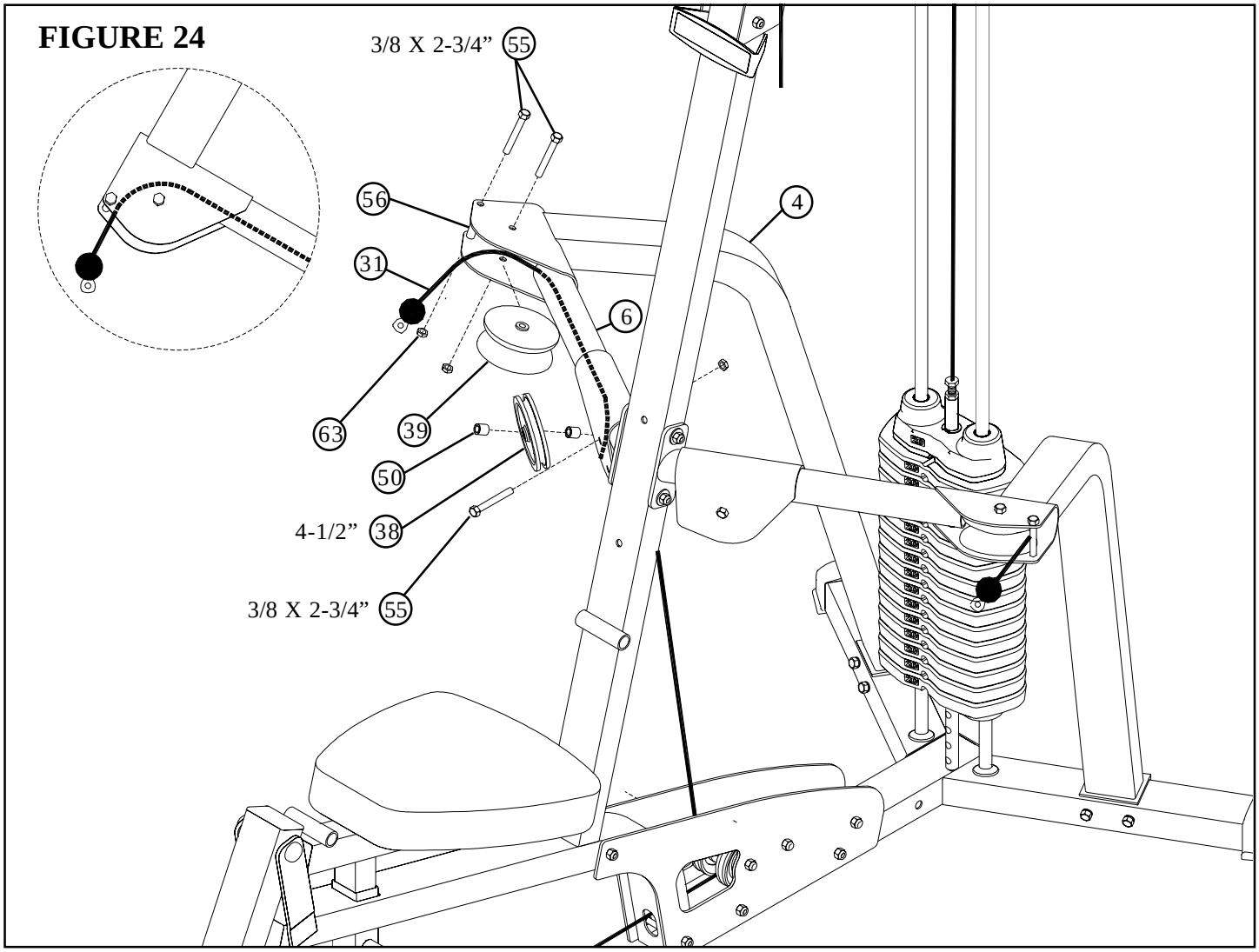
- Assemble two 3-1/2" PULLEYS (37) to the BASE PLATES (11) using two 3/8 X 3-3/4" BOLTS (57), one 3/8 X 1" SPACER (51) and two 3/8" LOCK NUTS (63). See FIGURE 22.**(Note: Loop the ARM CABLE (31) around the PULLEYS prior to assembling the PULLEYS. Leave a loop in the ARM CURL as shown!)**

FIGURE 23



STEP 23:

- Assemble one 3-1/2" PULLEY (37) to the PULLEY BRACKET (9) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) **(Note: Loop the ARM CABLE (31) around the PULLEY prior to assembling the PULLEY BRACKET.)**



STEP 24:

- Route the ARM CABLE (31) through the RIGHT ARM (6) as shown in FIGURE 24.

- Assemble one 4-1/2" PULLEY (38) to the RIGHT ARM (6) using one 3/8 X 2-3/4" BOLT (55), two 3/8 X 1/2" SPACERS (50) and one 3/8" LOCK NUT (63). See FIGURE 24. **(Note: Loop the ARM CABLE around the PULLEY prior to assembling the RIGHT ARM.)**

- Assemble one V-PULLEY (39) to the RIGHT ARM SUPPORT (4) using using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 24. **(Note: Loop the ARM CABLE around the PULLEY prior to assembling the RIGHT ARM SUPPORT.)**

- **SECURELY** assemble one 2" NYLON SPACER (56) to the RIGHT ARM SUPPORT (4) using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 24.

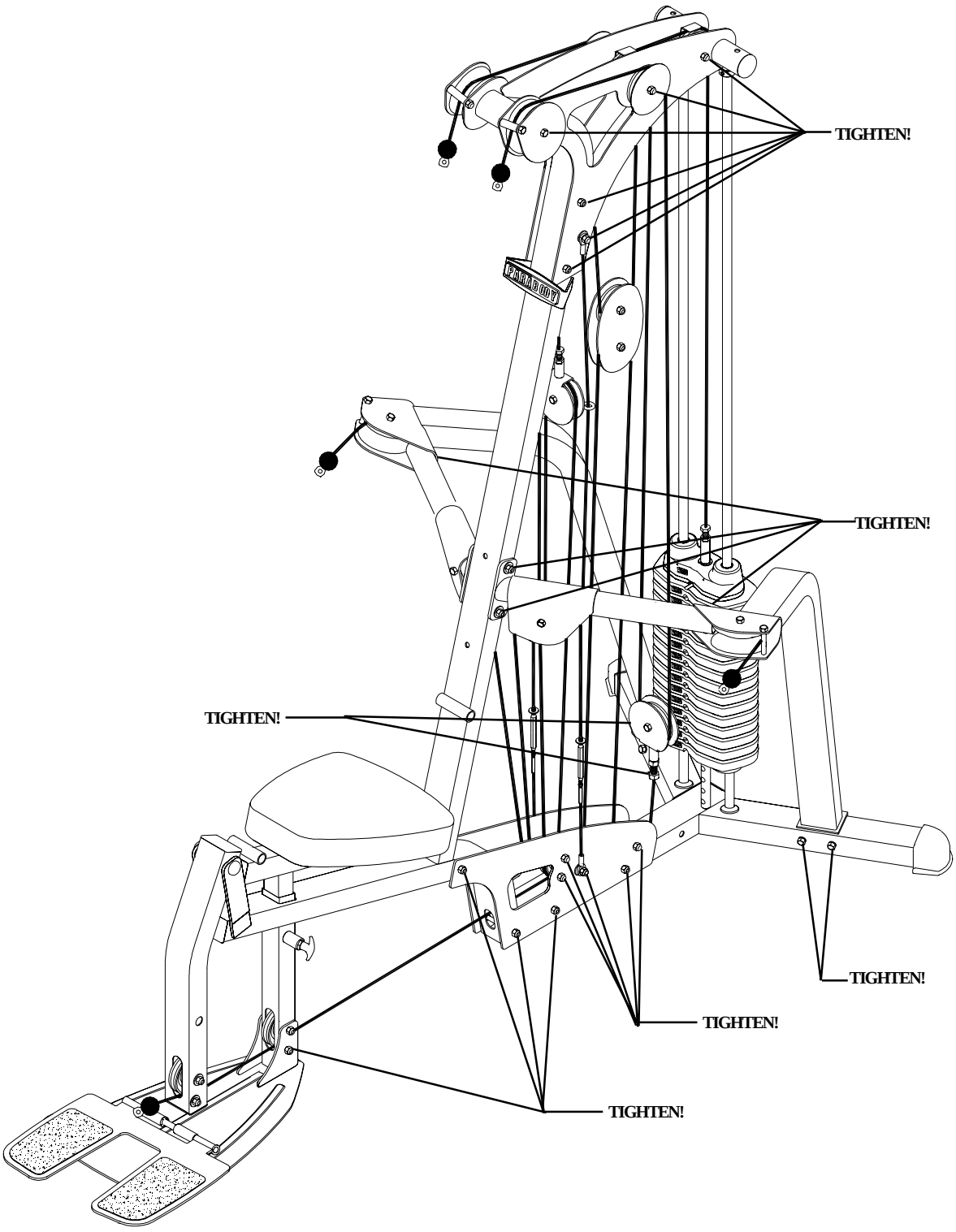
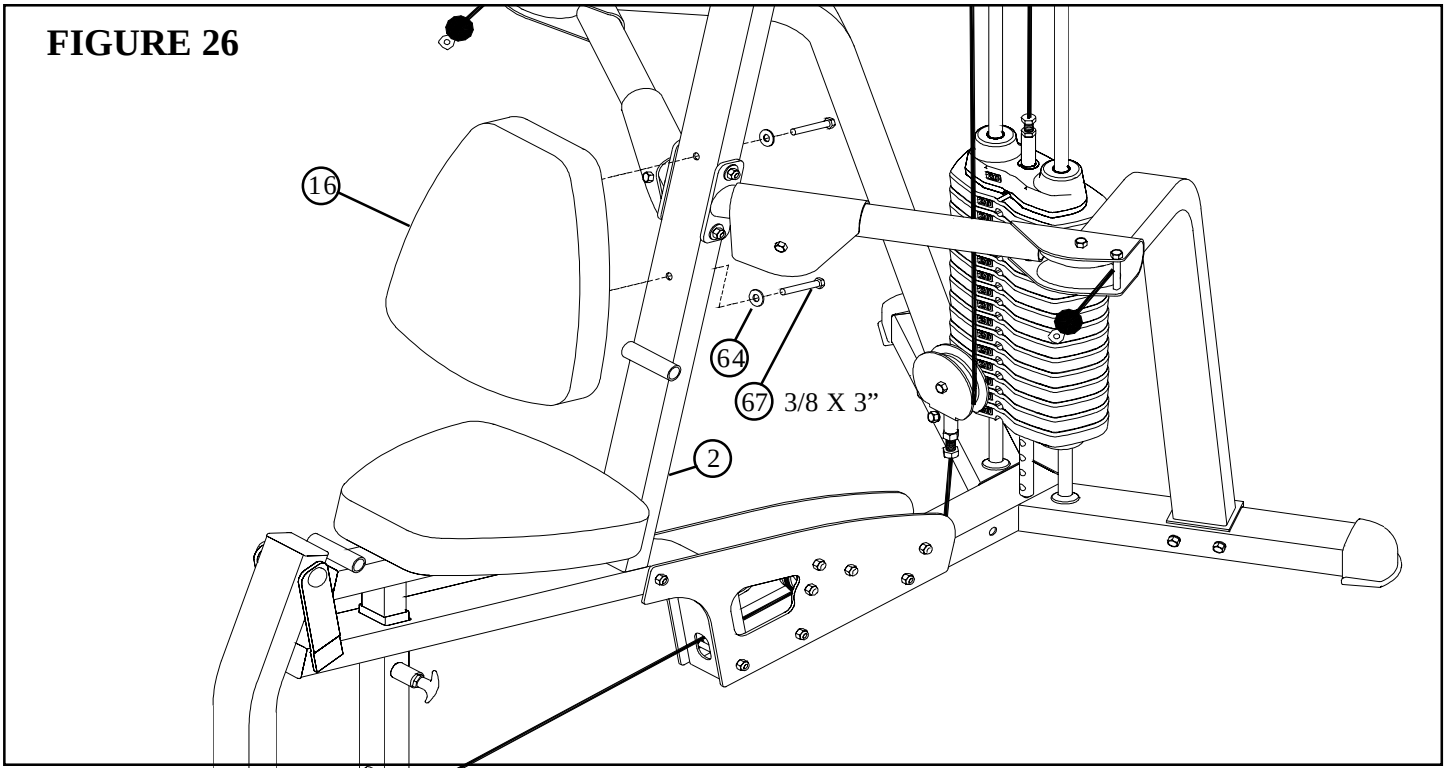


FIGURE 25

STEP 25:

- **SECURELY** tighten all loose frame connections as shown in FIGURE 25!

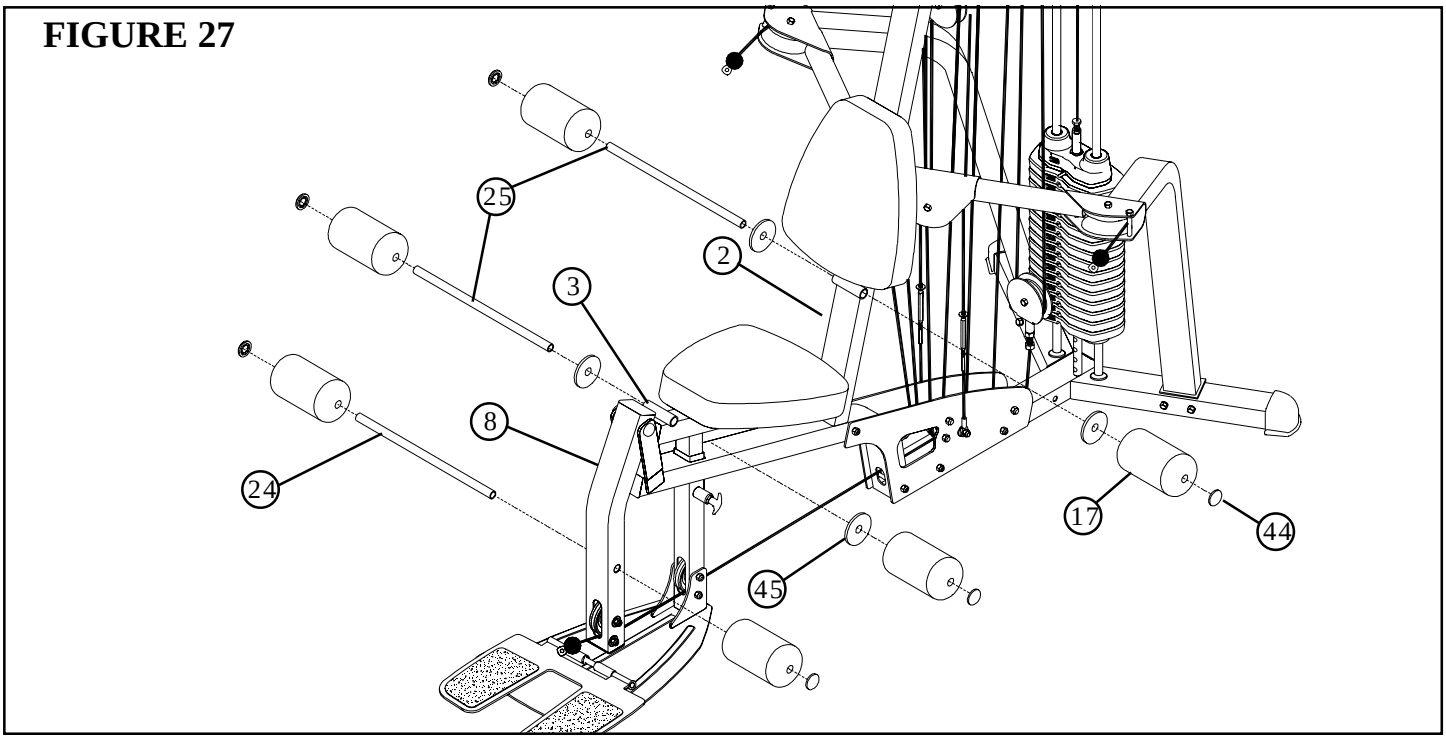
FIGURE 26



STEP 26:

- **SECURELY** assemble one SEAT PAD (16) to the UPRIGHT (2) using two 3/8 X 3” BOLTS (67) and two 3/8” WASHERS (64). See FIGURE 26.

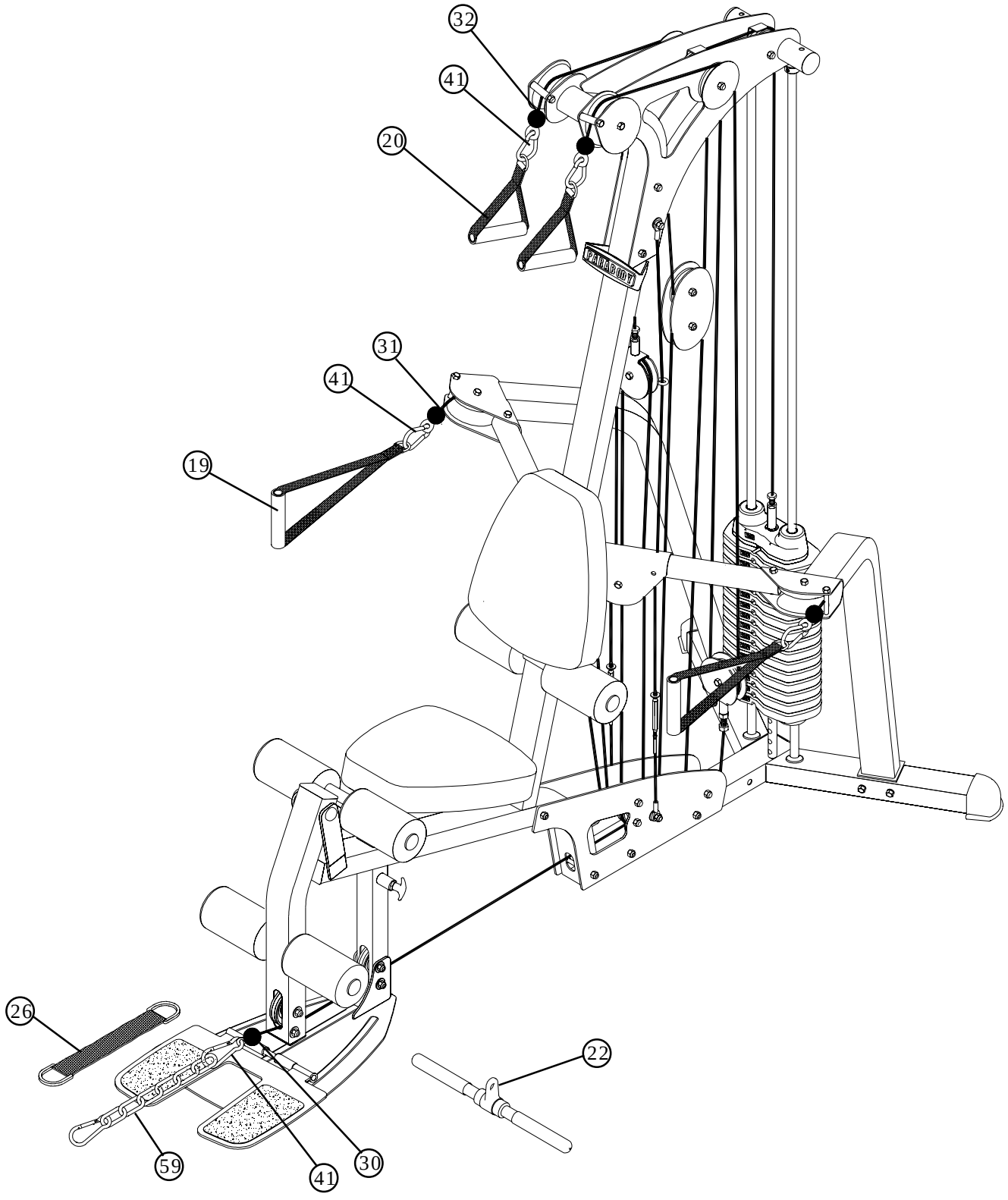
FIGURE 27



STEP 27:

- Assemble two ROLLER PADS (17) to the LEG PEDESTAL (8) using one 3/4 X 17” TUBE (24) and two 3/4” STARLOCK COLLARS (44) as shown in FIGURE 27.
- Assemble two ROLLER PADS (17) to the SEAT ADJUST (3) using one 3/4 X 17-1/2” TUBE (25), two PLASTIC WASHERS (45) and two 3/4” STARLOCK COLLARS (44) as shown in FIGURE 27.
- Assemble two ROLLER PADS (17) to the UPRIGHT (2) using one 3/4 X 17-1/2” TUBE (25), two PLASTIC WASHERS (45) and two 3/4” STARLOCK COLLARS (44) as shown in FIGURE 27.

FIGURE 28



STEP 28:

- Assemble two 14-1/2" SEWN HANDLES (19) to the ARM CABLE (31) using two SNAP LINKS (41) as shown in FIGURE 28.
- Assemble two 7-1/2" SEWN HANDLES (20) to the BOOM CABLE (32) using two SNAP LINKS (41) as shown in FIGURE 28.
- Assemble the ANKLE STRAP (26) or the LOW ROW BAR (22) to the LEG CABLE (30) using two SNAP LINKS (41) and one 12-LINK CHAIN (59) as shown in FIGURE 28.

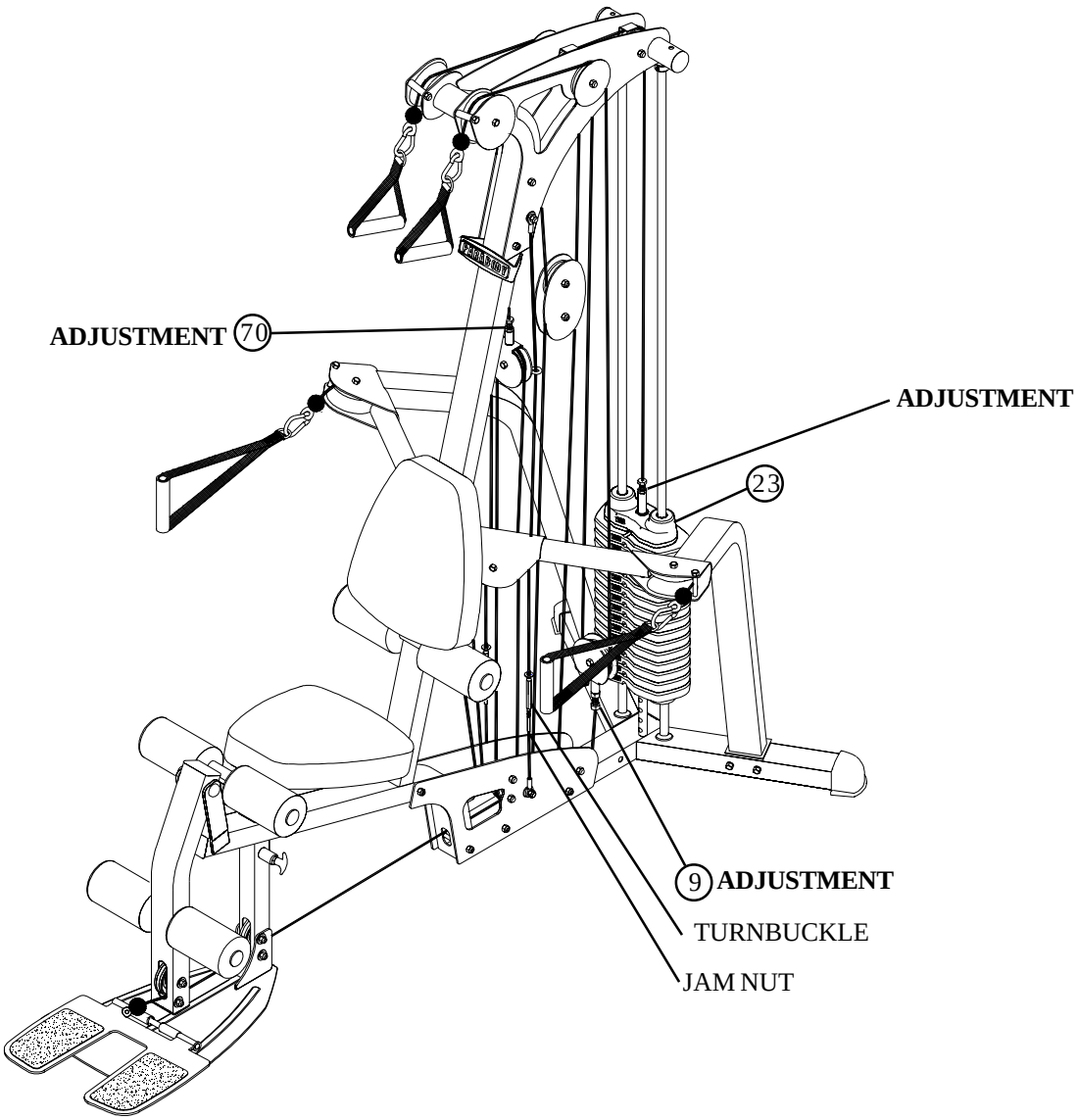


FIGURE 29

STEP 29:

- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- Adjust the turnbuckle on each GUIDE CABLE (71) to add tension to the GUIDE CABLES (71). Secure turnbuckle with the JAM NUTS as shown in FIGURE 29.
- If upon completion of assembly, the HEAD PLATE (23) does not sit on top of the first WEIGHT PLATE (21), push the HEAD PLATE (23) down, insert the WEIGHT STACK PIN (27) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (23) from lifting up. See FIGURE 29
- If after completing the previous step, the HEAD PLATE (23) still does not sit on top of the first WEIGHT PLATE (21) or if there is excess slack in the cable system, adjust the threaded ends of the CABLES attached to the PULLEY BRACKETS (9) and (70) accordingly and retighten the jam nuts. See figure 29.
- For maximum performance, the HEAD PLATE (23) should just barely sit on the top WEIGHT PLATE (21).
- **NOTE: After making adjustments make sure all jam nuts are SECURELY TIGHTENED!**
- **This completes the assembly of the CM3 Gym System. If the CM3 SHROUD OPTION was purchased refer to the CM3 SHROUD KIT assembly instructions.**

Thank you for purchasing the ParaBody CM3 Gym System. If unsure of proper use of equipment, call your local ParaBody distributor or call the ParaBody customer service department at (800) 328-9714

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

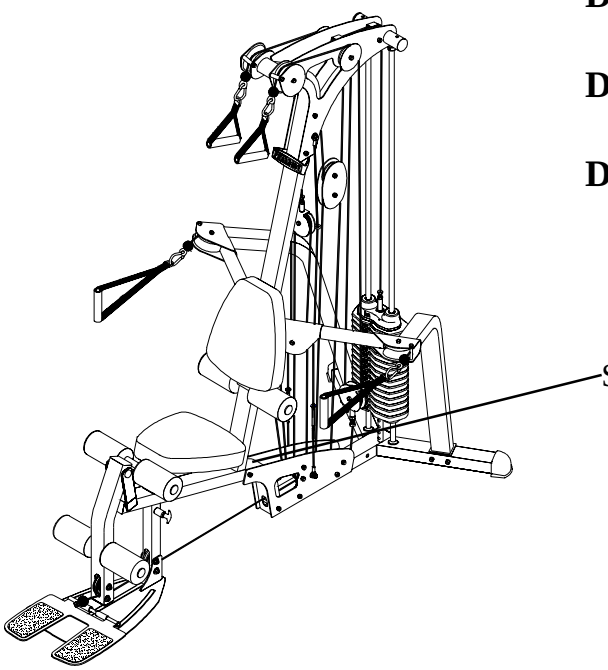
MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____



Thank you for purchasing the ParaBody CM3 Gym System.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

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